

Stay Connected: TWITTER @MDCPSWELLWAY



INSTAGRAM @MDCPSWELLWAY







Monday Tuesday Wednesday Thursday Sunday Friday Saturday











Schedule your workouts

for the week pencil them into your calendar like any other appointment.



Morning Motivation

6









Click th Link and learn how to swap out certian foods for more nutritious options











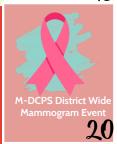


































Questions/Hotlines:

Cigna: 1-800-806-3052, 24 hours/7 days a week

Cigna Total Behavioral Health Program: 1-800-274-7603, 24 hours/7 days a week

FBMC: 1-855-632-7748, Monday-Friday, 7am - 7pm Office of Risk and Benefits Management: 305-995-7129 District Employee Assistance Program: 305-995-7111

Well Way: 305-995-2265

Jacqueline Lopez RD/LDN, Health Coach: 786-779-1139 & Jacie Robles, RDN/LD, Health Coach: 786-514-0205