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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Questions/Hotlines:

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week
Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3 24 hours/7 days a week
FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm
Office of Risk and Benefits Management: 305-995-7129 | Well Way: 305-995-7129
District Employee Assistance Program: 305-995-7111
Health Coaches: Alyssa Maranges, RDN/LD: 786-779-1139 | Natalie Aguiar: 786-921-7551

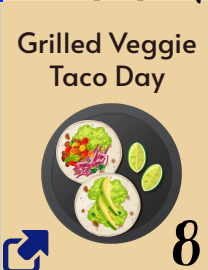
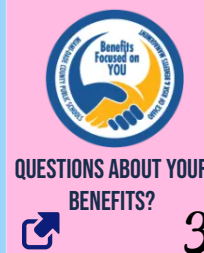
Lifestyle is Medicine: Food for Thought

Friday, July 18th | 12pm to 1pm
Cardiometabolic and Summer Foods

Learn how to nourish your body and thrive with our educational Lifestyle Medicine presentation and cooking demo.
This will be a fun overview of lifestyle medicine, coupled with delicious summer-inspired recipes, backed by evidence-based science.
Hosted by:
Dr. W. Angela Pleasant-Rodriguez, board certified in both Internal Medicine and Lifestyle Medicine
Cindy Rivera, Registered dietitian and certified personal trainer



Stress
less



Morning Motivation

Today is a
fresh start.
Make it A
Great One!

