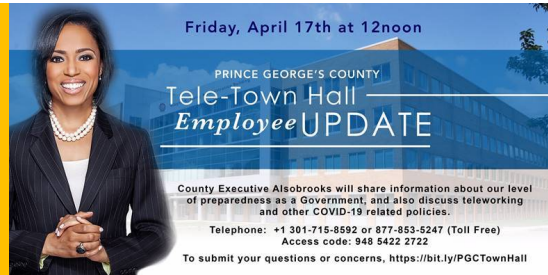


Reminder: County Executive Alsobrooks will host a Tele-Town Hall Employee Update on Fri., April 17 at noon.

- **Dial into:** 301-715-8592 or 877-853-5247 (toll free)
- **Access code:** 948 5422 2722
- **Submit questions/concerns:** <https://bit.ly/PGCTownHall>



OHRM

Office of Human Resources Management

Employee Update – April 16, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George's County Government employees during the reduction in government operations and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you'll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

Keep Informed:

Employee Info from Human Resources	County Updates on COVID-19	Tweets from the County Executive	Tips and Info for Working Remotely
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3 Things You Should Know About:

The Upcoming Wellness Pop-Up: Virtual Cooking Demo



1

Be inspired in your kitchen.

As we continue to spend time indoors, our time in the kitchen has increased. We want to provide some culinary assistance with finding different ways to cook delicious meals – using what you already have in your pantry. We are hosting a **Level Up Wellness Pop-Up: Virtual Cooking Demo** to help you prepare good food, that's good for you and makes you feel good too!

2

Reserve your (online) seat.

- **When:** Wednesday, April 22, 2020 at 12 p.m. (noon)
- **How:** [Register](#) to reserve your spot – the first 300 guests registered can attend.
- **Why:** We want to encourage you to maintain healthy eating habits.

About the instructor...

Tina McDermott has worked in the wellness industry for 20 years, in health clubs, nutrition offices, and corporations helping people pursue healthier lifestyles through exercise and nutritional programs that she personally designs. Her mission is to promote wellness to employers in our community by providing many wellness services aimed at helping people become more productive in their personal and professional lives. For more information, visit tinamcdermott.com.

**Your Daily
Distraction**
from
Level Up

Looking for a pleasant distraction today? Look no further. The following distractions were provided by the team behind your employee wellness program, [Level Up](#).

- **Listen:** *Angel* performed live by Lalah Hathaway ([YouTube](#))
- **Watch:** Celebrities read stories to your kids online ([Link](#))
- **Do:** Learn a new language for free ([Link](#))
Submitted by Roslyn Walker, Office of Ethics and Accountability

Office of Human Resources Management
1400 McCormick Drive
Largo, MD 20774
301-883-6330

