

- **Intro to Mindful Meditation** – Mon., April 20 at Noon  
Register: [Click here to sign up](#)
- **Transformational Thinking** – Mon., April 27 at Noon  
Register: [Click here to sign up](#)



**OHRM**

Office of Human Resources Management

## Employee Update – April 20, 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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### Upcoming Webinar:

## Investing in Volatile Markets



**1**

### Markets move up and down...

Markets move and can include sudden, temporary declines. To achieve your goals, it is important to remain committed to your long-term investing plan amid news that can sometimes be unpleasant. Put volatility in perspective.

**2**

### Join in and listen to the experts.

ICMA-RC is one of the vendors who helps administer the County's 457 Deferred Compensation Plan. ICMA-RC invites you to participate in its upcoming webinar:

#### *Investing in Volatile Markets*

Presented by Steven Taylor, Certified Financial Planner

3

## Can't make the webinar? Schedule an appointment.

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ICMA-RC is here to help you with enrolling in the plan, rollovers, investment strategies, distribution options, and pre-retirement check-ups. [Schedule an appointment](#) to speak with an ICMA-RC representative.

**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:** *Bad Self Portraits* by Lake Street Dive ([YouTube](#))
- **Watch:** Couch Concerts and stream live performances at The Kennedy Center ([Link](#)).
- **Do:** Take a virtual tour of Europe's most incredible palaces ([Link](#))

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