

MCS | steps to wellness

MCS Steps to Wellness is an initiative for you and your dependents that promotes and supports holistic well-being, taking care of your physical, mental and emotional health. You will have at your fingertips various health professionals, such as educators, nutritionists and certified exercise instructors, psychologists, among others. Interventions will be provided throughout the year in a virtual way, where you can enjoy physical movement sessions, nutrition workshops and healthy cooking courses, relaxation and mindfulness practices, educational sessions on health issues and other initiatives.

Come and participate with your family!

