PARSONS | sharecare

LIVE WELL. BE WELL.

NOURISHING NEWS

Social Well-being 2025

"Communication is merely an exchange of information, but connection is an exchange of our humanity."
- Sean Stephenson

Friendship is a Lifelong Health Strategy

Studies have shown that health habits—both good and bad—are contagious. Surrounding yourself with friends who inspire you to move, eat well, and stay positive can boost your own well-being. That's why social well-being is just as important as physical well-being. Try these simple steps to build and strengthen your "tribe".

Reconnect with old friends

Send a message, make a call, or schedule a walk - small steps can spark deeper reconnections.

Celebrate their wins

Cheer them on. Show up. Be genuinely excited about their joy.

Practice forgiveness

Don't let misunderstandings get in the way of meaningful friendships.

Listen with your full attention

Sometimes, just being present is the best support you can offer.

Nurturing your relationships will pay off in the long run. It may help you live longer, plus your years will be filled with love and support.

Quarter 3 Health Observances

JULY

Park and Recreation Month
- Learn more at nrpa.org/.

UV Safety Month
- Learn and stay safe at aad.org.

AUGUST

Breastfeeding Awareness
- Check out womenshealth.gov.

Immunization Awareness
- Learn more about vaccinations at every stage of life at cdc.gov.

SEPTEMBER

Healthy Aging Awareness
- Visit ncoa.org for more information!

Childhood Obesity Awareness
- Learn more about child nutrition at eatright.org.

Check out Human Resources (HR) on Workplace for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

Connect with a Coach

This quarter, connect with a health coach for personalized support with meal planning, stress management, and more!

Call **855-203-5506** to schedule a **free** session with a Sharecare health coach and **earn 25 points per session (up to 150 points)!**

Or Enroll Online



1. https://you.sharecare.com/topics/3de3/articles/97067c52-caf2-449a-acc0-69cf704c0d3a

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Earn Points, Win Big!

Employees who earn at least 250 per quarter through the completion of well-being activities will receive an entry into the Live Well. Be Well. Quarterly Drawing for a chance to win a **$150 gift card**. To get started, register or sign into your account at parsons.sharecare.com and earn 250 points or more between **July 1, 2025 - September 30, 2025.**

Let's Congratulate the 2025 Q1 Winners:

- Amy Klopper
- Jason Chou
- David Ebright
- Matthew Scheuer
- Beatriz Joyce
- Yahaira Jimenez
- Kayla Manglona
- James Flemer
- Janelle Bartscherer
- Nathan Kettner
- Jennifer Binning
- Jean Excell
- Justin Ramer
- Julian Lee
- Miguel Camarena
- Linda Huhn
- Fernando Alvarez
- Justin Schmeltz
- Timothy Bush
- Robert Walker
- Benjamin Eckert
- Lisa Rodriguez
- Jeffrey Sparks
- Solomon Leang
- Cesar Magtoto

Live Events in Quarter 3

Check out the new Wellness Corner in Sharecare for more information about Q3 events!

The Power of Social Support Workshop: Explore the value of being kind and how to cultivate and foster your support network.

- Date/times: July 17th at 12 pm ET & 3 pm ET
- Location: Live Well. Be Well. Teams Meeting Room
- Earn **100 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!





Ikaria, Greece Team Destination Challenge

- Date: August 1- August 31
- Challenge yourself log at least **150,000 steps** during the month of August while virtually traveling across Ikaria, Greece to successfully complete the challenge goal. Earn **200 points** and be entered into a prize drawing!
- Register & participate at parsons.sharecare.com. Click **Achieve < Challenges** to get started.

Strech & Flex Events: Join your Wellness Manager for an opportunity to stretch your mind and body.

- Date/times: The 2nd and 4th Wednesday of the month (July- September) at 11 am ET & 3 pm ET
- Location: Live Well. Be Well. Teams Meeting Room
- Additional details will be posted on Workplace. Earn **25** points for attending!



PARSONS | sharecare

CAPRESE STUFFED PORTOBELLO MUSHROOMS



Experience the flavors of the beloved Caprese salad transformed into a hearty vegetarian main dish.

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium clove garlic, minced
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 portobello mushrooms (about 14 ounces), stems and gills removed (see Tip)
- 1 cup halved cherry tomatoes
- ½ cup fresh mozzarella pearls, drained and patted dry
- ½ cup thinly sliced fresh basil
- 2 teaspoons best-quality balsamic vinegar

Preparation

1. Preheat oven to 400 degrees F.
2. Combine 2 tablespoons oil, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Using a silicone brush, coat mushrooms all over with the oil mixture. Place on a large, rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.
3. Meanwhile, stir tomatoes, mozzarella, basil, and the remaining 1/4 teaspoon salt, 1/4 teaspoon pepper and 1 tablespoon oil together in a medium bowl. Once the mushrooms have softened, remove from the oven, and fill with the tomato mixture. Bake until the cheese is fully melted, and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with 1/2 teaspoon vinegar and serve.

Tip: To prepare portobello mushroom caps, gently twist off the stems of whole portobellos. Using a spoon, scrape off the brown gills from the underside of the mushroom caps.

Nutrition (per serving)

Yield 4 servings. Calories 186; fat 16g; total carbohydrates 6g; protein 6g.

Source: eatingwell.com

All regular US benefits and wellness eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code or **click here to earn 10 points** for reading this newsletter!