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LIVE WELL. BE WELL.

NOURISHING NEWS

Social Well-being 2026

"Social connection is such a basic feature of human experience that when we are deprived of it, we suffer."

- Leonard Mlodinow

5 Ways to Cultivate New Relationships

It can be tough to connect with people, especially if your work life doesn't make socializing easy, or if you need to stick close to home for any reason, such as work or children. And turning new acquaintances into friendships can be a challenge. Fortunately, there are many fun ways to make new friends.

Here's how to plant seeds of friendship:

Events: Attend an event you're genuinely interested in, such as a film discussion, poetry reading, or sports game. Since everyone is there for the same reason, starting conversations often feels more natural.

Classes: Learning a new skill, like quilting, birding, a language, or fitness, puts you alongside people with similar interests. Classes create repeated opportunities to connect, which helps relationships grow.

Local involvement: Many people barely know their neighbors, so making an effort locally can set you apart. Join neighborhood groups, attend community events, or volunteer on local committees to build familiarity and trust.

Volunteering: Volunteering lets you support causes you care about while meeting others who share your values. Regular volunteer shifts increase the chances of forming meaningful friendships.

Brief hellos: Small, everyday exchanges, like greeting a barista or chatting with a neighbor, may seem minor, but they matter. These brief connections can lower stress, boost well-being, and sometimes open the door to deeper relationships.

Bottom line? Be friendly, generous, and thoughtful. What you put out there will likely come back to you.

Quarter 3
Health Observances

JULY:

Parks and Recreation Month:
- Learn more at nrpa.org.

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

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.

Bookmark our Live Well. Be Well. Wellness Page on PWeb **here.**



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 50 points per session (up to 150 points)!**

Or Enroll Online

1. https://you.sharecare.com/topics/5221/articles/d1674d30-ac7c-4d5a-a448-e2aa2db8add5

♥ 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 $100 gift card. To get started, register or sign into your account at **parsons.sharecare.com** and earn 250 points or more between July 1 - September 30.

What employees are saying about the Live Well. Be Well. Prizes:
"Wow! Exciting news! Thanks for sharing! The Live Well. Be Well. programs are exciting and I enjoy participating. The info provided on the site is great."

Let's Congratulate the 2026 Q1 Winners:

- Caroline Arnold
- Nathaniel Beard
- Daniel Billingsley
- Grant Ching
- Dana Cooper
- Susan Ellington
- Unica Khadka
- Allen Klein
- Wendy Mason
- Tyler Porritt
- Angela Priley
- Danielle Rocha
- Louis Velez
- Jacob Wall
- Michael Cavanaugh
- Johnna Keller
- Julia Seidler
- Ariana Abascal

Live Events in Quarter 3

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

Q3 Workshop - Loneliness and Your Health: This workshop explains the symptoms of loneliness and offers practical tips on how to feel better.

- Date/times: July 16 at 12 pm ET & 3 pm ET
- Location: Parsons 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!





Team Destination Challenge - Everest Base Camp, Nepal

- Date: August 1 - 31
- Challenge yourself log at least 175,000 steps during the month of August while virtually traveling across Everest Base Camp, Nepal 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.

Wellness Wednesday Coffee Talks: Join your Wellness Manager to discuss various topics related to your social well-being!

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



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SUNSHINE SMOOTHIE

This smoothie is packed with vitamins and minerals that are great for skin health and hydration, making it a perfect choice for sunny summer days!

Ingredients

- 1 cup almond milk
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1 banana
- 1 tbsp chia seeds (optional)
- 1 tbsp honey or agave syrup (optional)
- Ice cubes (optional, for a thicker smoothie)

Preparation

1. Add the almond milk, frozen mango, frozen pineapple, banana and chia seeds (if using) into a blender.
2. Blend on high until the mixture is smooth and creamy. If you like a thicker consistency, add a few ice cubes and blend again.
3. Taste the smoothie and adjust the sweetness if needed by adding honey or agave syrup.
4. Pour the smoothie and enjoy!

Nutrition (Yield: 1 serving)

Calories 250-300 | Protein 4-6g | Carbohydrates 60-70g | Dietary fiber 6-8g | Sugars 40-50g

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

Live Well. Be Well. powered by Sharecare is available at no cost to all regular U.S. Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a Parsons medical plan. If you require a reasonable alternative due to medical necessity or other reasons, please contact customer service at 855-203-5506.