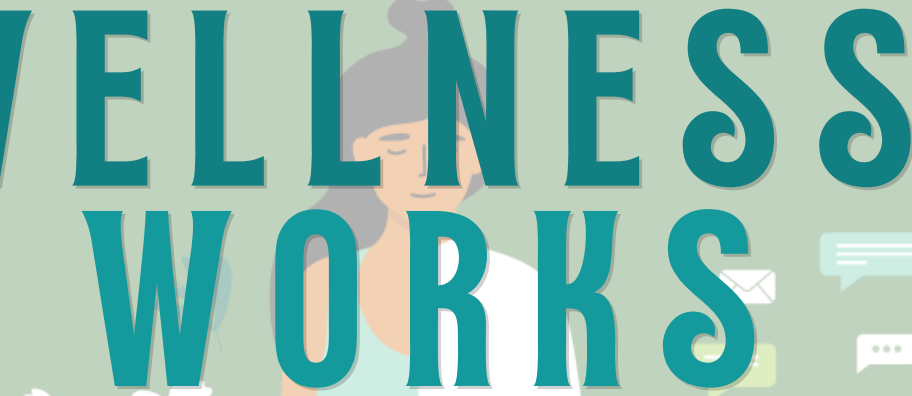


# WELLNESS WORKS



Stay informed about DH wellness resources and how to access them.  
Sessions are good for all employees, especially team leaders and Wellness Champions.  
Each session will highlight a guest speaker, share quick updates and celebrations,  
and offer practical tips and suggestions from the Employee Wellness Tips Newsletter.

Led by Marion Cate, M.Ed, MCHES, ACE-CPT, CHC  
Lifestyle Improvement Program Manager

VIA WEBEX  
12 - 12:30PM

## **September 4 Kick Off Your Fall with Wellness**

Celebrate healthy aging! Joining us will be guest speaker Sarah Roane, PhD, Dartmouth Health Behavioral Health Solution sharing on September offerings.

## **November 4 Stay Strong Through the Holidays**

Embrace your well-being this holiday season! Joining us will be guest speaker Caitlin Cofell, OTR/L, CEAS II, HEAS sharing on Ergonomics.

## **January 8 Start Strong, Stay Well**

Start the new year focused on well-being! Joining us will be guest speaker Shiri Macri, Licensed Mental Health Clinician sharing on the Employee Assistance Services.

## **March 5 Spring into Wellness**

Celebrate National Nutrition Month! Joining us will be guest speakers Christina LeBoeuf and Melissa Page from the HR Service Center sharing on Service Now.

## **May 7 Let's Get Ready for Summer**

Celebrate Mental Health & Fitness Month! Joining us will be guest speaker Kara Maville, Certified Health & Wellness Coach sharing on Fitness Resources.

Register by visiting the Dartmouth Health events or scan the QR code below  
[Employee Wellness Events | Dartmouth Health Events](#)

