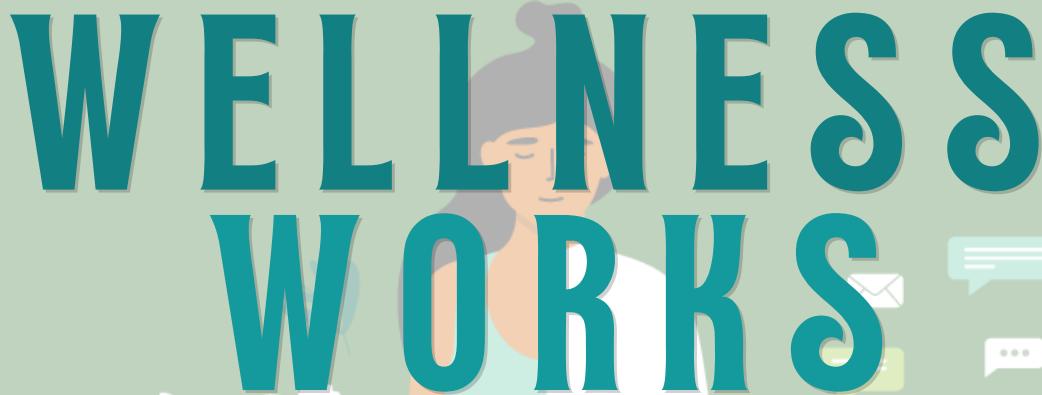


WELLNESS WORKS



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, MCCHES, 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](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950