

Life in Balance



Learn tools and resources to achieve balance and personal harmony in the areas of wellness that feel most authentic to you.

VIA WEBEX
12 - 12:30PM

Join us for one or all sessions

September 14
Money and Spirituality

Living within your means and budgeting to meet current needs to improve future finances as much as possible.

Exploring things larger than yourself, such as religion, nature, arts, service or mindfulness.

November 16
Stress Management and Social Support

Relaxation techniques to help calm your mind and cope with stress.

Feel connected with others and have quality relationships with friends, family, the community and people you work with.

January 11
Learning and Growing

Expand skills and knowledge. Be intellectually curious. Engage with things like hobbies/interests, school work and professional development.

Taught by the Lifestyle Improvement Program's Health & Wellness Coach Kara Maville

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



Questions?

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

