

# Bike & Walk to Work Week

## May 13-19

**Join the Movement!  
Commute Green and Be Active.**

**Work Remotely? No Problem!**

**Check out the ideas available in ManageWell or create your own.**

**Grab your bike or sneakers and hit the road  
Be Healthy. Live Well.**

Registration and details available in ManageWell  
ManageWell® | Benefits | DHMC and Clinics Careers



Questions? Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950