

Break-time Wellness Walks

**Hosted by the Employee Wellness Department's
EAP and Lifestyle Improvement Teams**

Take a walk with us on the Fit Trail at DHMC

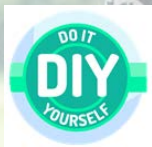
**The start of the walk will be located outside the
Dining Room on level 2 near the "Blue Lady" statue.**

Monday, May 13*

**To support Mental Health Awareness Month and
to Kick-off Bike and Walk to Work Week**

Wednesday, June 5**

To support Employee Health & Wellness and celebrate Safety Month



**Sign-in and walk on your own anytime
starting at 9:00 am or join a group.**

**Group walks leaving at:
11:05 am, 11:35 am, 12:05 pm, and 12:35 pm**

**Just show up to join in. Wear comfortable walking shoes.
Bring your water and umbrella, if needed.**

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

* Inclement weather date Friday, May 17 and we will wind down Bike and Walk to Work Week.

** Inclement weather date Friday, June 7 and we will kick-off Safety month.