

# Wellness Works

Learn how to access the premier virtual wellness services for Dartmouth Health System employees.

Excellent sessions for both new and experienced employees. Check-in on upcoming events, review key newsletter take-aways and explore services and resources.

VIA WEBEX  
12 - 12:45PM

Join us for one or all sessions.\*  
Watch for more upcoming sessions!

**September 5**

"Fall" into wellness with us.

At this session we will check-out upcoming events and resources offered in September and October. We will cover how to access ManageWell, how to join the Fall Walk-a-Rama and how to join educational webinars.

**November 6**

Stay connected through the Season of the Sticks and the holidays.

Stay abreast of upcoming events and the special programs offered in November and December, including the 12 Days of Fitness, the Holiday Stretch and more. We will also review how to access related resources.

**January 2**

Kick-off the new year with us and focus on well-being strategies.

Explore upcoming events and challenges offered in January and February. Review how to access and join in programs, hear the details of the winter step challenge. Learn about each of the motivating series offered by our coaches: Cooking for all Six Seasons, Healthy Movement for life, and Plot to Plate.

\*Led by the Lifestyle Improvement Program's Certified Health & Wellness Coach and Program Manager, Geisel Instructor in Medicine, Marion Cate

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



Questions?

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