

# BE YOUR OWN WELLNESS COACH: VISION, VALUES AND GOALS

Wednesday, December 11  
12:00 - 12:30pm via Webex

Empower yourself to set goals that reflect your health and wellness values. Join Heather's\* self-help workshop to gain the resources you need for a healthier journey.



Register by visiting the Dartmouth Health events  
or scan the QR code above

[Employee Wellness Events](#) | [Dartmouth Health Events](#)

\*The Lifestyle Improvement Program's Nationally  
Board Certified Health & Wellness coach

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