

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.

Join us for one or all sessions.*

VIA WEBEX
12 - 12:45PM

March 6

“Stuck in the mud? Grow your wellness this spring. Learn how our upcoming events and nutrition challenges, such as Meatless Mondays and the Plant Powered 30, can help you. We’ll review how you can participate and we’ll check-out key takeaways from the March – April newsletter.

May 1

Celebrate Employee Health & Fitness with us and be ready for your best summer ever! Covering how to participate and key take-aways from the May - June newsletter. We’ll explore the Employee Mental Health & Wellness Resources and check-in on upcoming events to support your mental and physical wellbeing.

*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 or call (603) 650-5950