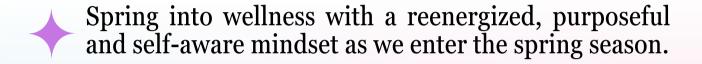


March 31 - April 11

Open to all employees across the Dartmouth Health System!

Spring Into Wellness



This two-week challenge is designed to enhance your wellness through three daily questions focused on self-care, mindful nutrition, and regular enjoyable movement.



Inspire

Spark your motivation and discover what wellness means to you.



Act

Take intentional steps each day to achieve your wellness goals.



Reflect

Share your motivations, experiences, ideas and achievements.

Register in <u>ManageWell</u> to receive daily emails <u>delivered to your</u> inbox with tips and links from the <u>Employee Wellness Team</u>

For more information contact us



- 603-650-5950
- Employee Wellness
- <u> LifestyleImprovement@hitchcock.org</u>
- ManageWell® | Benefits | DHMC and Clinics Careers





Together, Let's Inspire, Act and Reflect!