

March 31 - April 11

Open to all employees across
the Dartmouth Health System!

Spring Into Wellness

Spring into wellness with a reenergized, purposeful and self-aware mindset as we enter the spring season.

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 [ManageWell](#) to receive daily emails delivered to your inbox with tips and links from the [Employee Wellness Team](#)

For more information contact us

 603-650-5950

 [Employee Wellness](#)

 LifestyleImprovement@hitchcock.org

 [ManageWell®](#) | [Benefits](#) | [DHMC and Clinics Careers](#)



Together, Let's Inspire, Act and Reflect!