



Introducing a new interactive forum for Wellness Champions—featuring monthly themes, practical tips, guided discussions, and Slido polls. Learn simple tools to support your daily work and team communication.

Led by Marion Cate, M.Ed, MCHES, ACE-CPT, CHC  
Lifestyle Improvement Program Manager

<b>October 7</b>	<b>Building Wellbeing Together</b>
<b>December 2</b>	<b>Sharing and Celebrating</b>
<b>February 3</b>	<b>Supporting Your Team</b>
<b>April 7</b>	<b>Putting Ideas into Action</b>
<b>June 2</b>	<b>Strengthening Wellness Practices</b>
<b>August 4</b>	<b>Looking Ahead and Reflecting</b>

**VIA WEBEX  
12 - 12:30PM  
REGISTRATION  
REQUIRED**

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