

Save The Date 2024 Virtual Employee Wellness Week

April 1-5, 2024
Growing Wellness

Daily
Engagement
Options

Daily Virtual
Webinars

Local
Engagement
Challenge

WELLNESS

EAP LIFESTYLE

View More Information

→ **2024 Virtual Employee Wellness Week** ←

Questions? Call (603) 650-5950
or email LifestyleImprovement@hitchcock.org

2024 Employee Wellness Week

Local Engagement Challenge



Participate ~ It's as easy as 1, 2, 3.

1. Review the virtual programs and the [DIY Toolkit](#).
2. Decide when and how you and/or your team are going to participate locally.
3. Share with us what you and/or your team did:

[Employee Wellness Week Local Engagement Sharing Form](#)

Ideas for local participation:

- Set up an information table or "Build-a-Kit" table (such as self-care kit, fitness kit, or nutritious snack).
- Reserve a space and view a stretch or mindfulness session as a team.
- Color a daily coloring page, if feasible provide colored pencil packets to each team member.
- Join a webinar.
- Organize a local walk or exercise session.
- Promote the Plant Powered 30 Challenge, register and participate.
- Work with your Food and Nutrition Services team to highlight a plant-forward menu for a day or the week.
- Get together with co-workers for a social connection - ask the question "What is the best thing you have done for your wellness today or this week?"
- Be creative!

Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.

Questions? (603) 650-5950 or LifestyleImprovement@hitchcock.org

Grow Your Wellness During the 2024 Employee Wellness Week!

Join the many options available
Scan the daily QR codes below to register for live webinars*
Have fun with the daily DIY Wellness Toolkit
Participate in the Local Engagement Challenge

Open to all Dartmouth Health Employees!

MONDAY, APRIL 1

- 11:00-11:20am **Be Relieved: Tools to Help You Reduce the Impact of Stress**
- 11:30-11:50am **Utilize Insight Timer to Reduce Body Tension**
- 12:00-12:30pm **Intuitive and Mindful Eating for Health**
- 12:40-1:00pm **Mental Health Supports For Employees**



TUESDAY, APRIL 2

- 11:00-11:20am **Be Connected: Resources to Help You Connect Your Mind and Body**
- 11:30-11:50am **YogaShield® Rx: Breathing to Reset**
- 12:00-12:30pm **Chair Yoga**
- 12:45-1:00pm **Self-Care**



WEDNESDAY, APRIL 3

- 11:00-11:20am **Be Nourished: Eating to Support Your Best You**
- 11:30-12:00pm **Healthy Cooking Demo: Beyond Basic Hummus**
- 12:15-12:45pm ***Mindfulness for Stress: Weekly Live Meditations**
- 1:00-1:30pm **Plant Powered Protein**



THURSDAY, APRIL 4

- 11:00-11:20am **Be Active: Enjoying Movement Your Way**
- 11:30-11:45am **Get Motivated to Move**
- 12:00-12:15pm **YogaShield® Rx: Sun Breath**
- 12:30-1:00pm **Beginner Bodyweight Workout**



FRIDAY, APRIL 5

- 11:00-11:20am **Be Well: Virtual Tools for Wellness Success**
- 11:30-11:45am **Visualizing Healthy Habits**
- 12:00-12:30pm ***Building Connection and Belonging at Work Through the ERGs**
- 12:40-1:00pm **Shutting Down at the End of the Workday**



Registration Required

Scan the Daily QR Codes Above or Visit the Link for Our Full Events Pages

*Note: the Wednesday, *EAP Weekly Mindfulness Practice* and the Friday, *Building Connection and Belonging at Work Through the ERGs* are separate WebEx links and do not require pre-registration.

<https://one.hitchcock.org/intranet/hr/employee-wellness/2024-virtual-employee-wellness-week>



MONDAY, APRIL 1 | STRESS MANAGEMENT**11:00-11:20am Be Relieved: Tools to Help You Reduce the Impact of Stress**

Led by Marion Cate, MEd, MCHES®, ACE-CPT, CHC, Manager, Employee Wellness

Exploring employee wellness tools and techniques to help calm your mind and body to cope with stress.

11:30-11:50am Utilize Insight Timer to Reduce Body Tension

Led by Insight timer instructor: Bob Stahl and Elisha Goldstein, and guided by Anna Donald.

A short facial self-massage meditation, followed by a 15 min Body Scan.

12:00-12:30pm Intuitive and Mindful Eating for Health

Led by Shiri Macri, MA, LCMHC Clinician, DH Employee Assistance Program

Understand how Intuitive and Mindful eating strategies can lead to health improvement and how starting with a size-accepting perspective helps. Presentation followed by time for conversation/discussion/questions.

12:40-1:00pm Mental Health Supports For Employees

Led by Eve M. Zukowski, Licensed Psychologist, DH Employee Assistance Program

Know the services available to support your mental health needs.

Your Daily DIY Wellness Toolkit

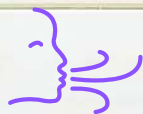
Access your toolkit by clicking the links below



DIY Positive Affirmation: I am Enough Affirmation Practice



DIY ManageWell Mini challenge: Four A's: Take Control of Stress



DIY Breathing Exercise: Diaphragmatic Breathing



DIY Recipe: Black Bean Burger



DIY Movement: Wall Push-Up



DIY Coloring Page: Just Breathe



Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.

TUESDAY, APRIL 2 | MIND-BODY CONNECTION TO SELF-CARE

11:00-11:20am **Be Connected: Resources to Help You Connect Your Mind and Body**

Led by Kara Maville, MEd, AFAA, CHC, Health & Wellness Coach

Knowing the resources to practice taking care of yourself with a focus on connecting the mind and body.

11:30-11:50am **YogaShield® Rx: Breathing to Reset**

Led by Marion Cate, MEd, MCHES®, ACE-CPT, CHC, Manager, Employee Wellness

Join us to explore techniques to train your breathing to better manage your stress and regulate your nervous system. We will practice techniques such as basic Three-Part Breathing, Recovery Breathing, and the Seated Twist.

12:00-12:30pm **Chair Yoga**

Led by Eve M. Zukowski, Licensed Psychologist, DH Employee Assistance Program

Come and explore mental health/wellness benefits available to DH employees through our in-house Employee Assistance Program, and KGA, our additional wellness benefit.

12:45-1:00pm **Self-Care**

Led by Insight timer instructor Fimo Mitchell, Montreal, Canada

There's a whole lot of talk about self-care these days, but what is it? Enjoy this talk that briefly outlines the history of self-care and why self-care is good for humanity. Session will include a 10-minute meditation to increase stillness.

Your Daily DIY Wellness Toolkit

Access your toolkit by clicking the links below



DIY Positive Affirmation: [Allowing Self-Awareness](#)



DIY ManageWell Mini Challenge: [Protect Your Time by Saying No](#)



DIY Breathing Exercise: [Pursed Lip Breathing](#)



DIY Recipe: [Build a Grain Bowl](#)



DIY Movement: [The Butterfly Stretch](#)



DIY Coloring Page: [River Walk](#)



Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.



WEDNESDAY, APRIL 3 | NOURISHMENT

11:00-11:20am **Be Nourished: Eating to Support Your Best You**

Led by Heather Wolfe, MPH, RD, LDN, NBC-HWC, Health & Wellness Coach

What is healthy eating and how we can help? Learn tips and tools to help you choose foods and beverages that feel nourishing, most of the time, and eat mindfully within a balanced diet.

11:30-12:00pm **Healthy Cooking Demo: Beyond Basic Hummus**

Led by Heather Wolfe, MPH, RD, LDN, NBC-HWC, Health & Wellness Coach

Create your new favorite go-to hummus by boosting a base recipe with fun and flavorful add-ins.

12:15-12:45pm ***Mindfulness for Stress: Weekly Live (Webex) Meditations**

[WebEx Link](#) | Meeting number (access code): 2633 395 9847 | Meeting password: F9Xk3qhFym8

Led by Shiri Macri, MA, LCMHC Clinician, DH Employee Assistance Program

Take a midweek, midday mindful pause to help with stress management. Join this introduction to mindfulness and two guided meditations, with optional discussion in between.

1:00-1:30pm **Plant Powered Protein**

Led by Heather Wolfe, MPH, RD, LDN, NBC-HWC, Health & Wellness Coach

Want to improve both your health and the planet's? Power yourself with plant proteins! Join us for resources and recipes to help you move towards more meatless meals.

Your Daily DIY Wellness Toolkit

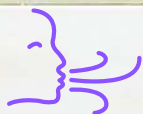
Access your toolkit by clicking the links below



DIY Positive Affirmation: [I am Brave](#)



DIY ManageWell Mini Challenge: [Bring Your Lunch to Work](#)



DIY Breathing Exercise: [Alternate Nostril Breathing](#)



DIY Recipe: [High-5 For Health Smoothie](#)



DIY Movement: [The Bridge](#)



DIY Coloring Page: [I am Grateful For](#)



Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.



THURSDAY, APRIL 4 | MOVEMENT MOTIVATION

11:00-11:20am **Be Active: Enjoying Movement Your Way**

Led by Kara Maville, MEd, AFAA, CHC, Health & Wellness Coach

Make moving fun. Learn about the tools and all the enjoyable ways to move your body and be active.

11:30-11:45am **Get Motivated to Move**

Led by Insight Timer Instructor Leah Vermeeren, Adelaide, Australia

If you're struggling with your fitness motivation, then this is the perfect practice to get you going again. It's a nice, short one, but long enough to help you figure out what's holding you back and what you can do to get going again.

12:00-12:15pm **YogaShield® Rx: Sun Breath**

Led by Marion Cate, MEd, MCHES®, ACE-CPT, CHC, Manager, Employee Wellness

Refresh with us using this simple yoga practice of three-part breathing and the Sun Breath (or Half Sun Salutation) yoga sequence.

12:30-1:00pm **Beginner Bodyweight Workout**

Led by Kara Maville, MEd, AFAA, CHC, Health & Wellness Coach

A 30-minute class broken down into two parts. Begin with a full body training session targeting major muscle groups using just your bodyweight. We'll end the class with standing abdominal exercises.

Your Daily DIY Wellness Toolkit

Access your toolkit by clicking the links below



DIY Positive Affirmation: I am Doing My Best



DIY ManageWell Mini Challenge: Burn calories! (No gym needed.)



DIY Breathing Exercise: Square Breathing



DIY Recipe: Veggie Fried Rice



DIY Movement: Yoga Squat



DIY Coloring Page: Mushroom



Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.



FRIDAY, APRIL 5 | TAKING YOUR HEALTHY HABITS FORWARD

11:00-11:20am **Be Well: Virtual Tools for Wellness Success**

Led by Kara Maville, MEd, AFAA, CHC, Health & Wellness Coach

Take your healthy habits forward. Learn about tools and supports available to help you strive for healthy living.

11:30-11:45am **Visualizing Healthy Habits**

Led by Insight Timer Instructor Jasmine Sereda, London, ON, Canada

Relax into this guided practice and visualize your energized and motivated self-leading a healthy lifestyle and enjoying every minute of eating nutritious foods, being active, and making time for self-care.

12:00-12:30pm ***Building Connection and Belonging at Work Through the ERGs**

WebEx Link | Meeting number (access code): 2630 118 1242 | Meeting password: zXJx3AYgy43

Led by Co-organizers of Dartmouth Health Employee Resource Groups and Gregory Crowley, Director Employee-Community Partnerships, DEIB

In this special Meet Up, you will have an opportunity to meet colleagues who are leading and organizing ERGs. Organizers will demonstrate ERG principles, share how they have benefited from participating, and provide information about upcoming opportunities to get involved.

12:40-1:00pm **Shutting Down at the End of the Workday**

Led by Marion Cate, MEd, MCHES®, ACE-CPT, CHC, Manager, Employee Wellness and Insight Timer Instructor Lori Mihalich-Levin, WASHINGTON, DC, USA

Stopping work at the end of the day is a struggle for many of us. Build your "turning off" muscles and learn about three strategies to develop stronger end-of-work-day boundaries that enhance your relationships, your rest, and your joy.

Your Daily DIY Wellness Toolkit

Access your toolkit by clicking the links below



DIY Positive Affirmation: I am Strong



DIY ManageWell Mini Challenge: Tech-Free Bedtime



DIY Breathing Exercise: Mountain Breathing



DIY Recipe: Chocolate Dipped Fruit



DIY Movement: The Forward Hang Stretch



DIY Coloring Page: Forest Walk



Participate in the Local Engagement Challenge here!

Share with us what you or your team did! Upload photos, pdfs and docs, too.

