

Grow Your Wellness

View the 2024 Employee Wellness Week Recordings!

Click on the title to view the webinar of your choice

Share what you did to Grow Your Wellness 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**

***Notes:**

The Wednesday, *EAP Weekly Mindfulness Practice* occurs regularly, use the link provided.
Use the link to learn more about *Belonging at Work through the ERGs*.

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