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