



**Wednesday, December 13  
12:00-12:30 pm via Webex**

**An interactive workshop brought to you by Heather Wolfe\***

\*The Lifestyle Improvement Program's Registered Dietitian Nutritionist, cookbook author and  
Nationally Board Certified Health & Wellness Coach

Desiring a healthier you in the New Year? Start by creating a  
Wellness Vision about what you want to be, do, and feel related  
to health-promoting, life-giving behaviors.

Register by visiting the Dartmouth Health events or scan the QR code below  
[Office of Employee Wellbeing Events | Dartmouth Health Events](#)



Questions?

Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950