

Life in Balance



Learn tools and resources to achieve balance and personal harmony in the areas of wellness that feel most authentic to you.

VIA WEBEX
12 - 12:30PM

Join us for one or all sessions

March 14
Nourishment and Sleep

Choosing foods and beverages that feel nourishing, most of the time, and eating mindfully within a balanced diet.

Having the best sleeping environment allowing for good, quality sleep. Feeling refreshed and rested upon awakening.

May 16
Movement

Moving and being physically active in ways that feel enjoyable, including aerobic exercise, strength training, flexibility and activities of daily living.

June 13
Environment and
Life-Work Balance

Having comfortable, healthy, safe spaces where you live, work and play including quality of air, water and surroundings.

Balancing responsibilities where you live, work and play. Feeling satisfied with your career. Having time and energy for fun & recreation.

Taught by the Lifestyle Improvement Program's Certified Health & Wellness Coach Kara Maville

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 or call (603) 650-5950



WELLBEING