



April 1 - April 30

Plant Powered 30 is a 30-day challenge to inspire you to try eating plant-forward once per day (and hopefully more!)

- Spring into wellness and celebrate Earth month
- Try a variety of tasty new foods.
- Discover recipes, meal ideas, and more!

**Scan the QR code below to view challenge details
and to register!**

**For directions on how to sign-up in ManageWell® go to
[Wellness Programs | Benefits | DHMC and Clinics Careers](#)
[\(dartmouth-hitchcock.org\)](#)**

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

