

LAUGHTER YOGA

First Friday of the Month

Time: 12-12:30 pm

Location: Auditorium A, DHMC

Drop-in and join in the fun.

Laughter Yoga is a combination of deep breathing exercises from yoga and laughter, which oxygenates our body and brain, helping us feel more healthy and energetic.



For more information go to the D-H wellness portal, ManageWell.com

Access the wellness portal via the D-H intranet or visit www.managewell.com

First time users: register using your D-H employee ID with the prefix DH
(e.g. If your D-H ID is 012345, then enter DH012345 when prompted.)

Questions? Contact livewellworkwell@hitchcock.org or 603.650.5950