



Southern Maine
Health Care
MaineHealth

SMHC'S WORKWELL PRESENTS

Wellness: Building a Successful Program That Actually Improves Employee Health

Featuring:

Dr. Paul Upham, Medical Director

Debra Wein, CEO, Wellness Workdays

Denise Dumont-Bernier, Executive Director, OMC Wellness

Join us for a lovely breakfast provided by
Above and Beyond Catering

**MARCH 15TH, 7:30 TO 9:00 AM
THE SANFORD TOWN CLUB
4 WASHINGTON ST, 4TH FLOOR**

www.wellnessworkdays.com

RSVP to Mary Smith at
MBSmith@smhc.org by
3/12/19

