



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](http://www.wellnessworkdays.com)

**RSVP to Mary Smith at**  
**[MBSmith@smhc.org](mailto:MBSmith@smhc.org) by**  
**3/12/19**



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Workdays™