

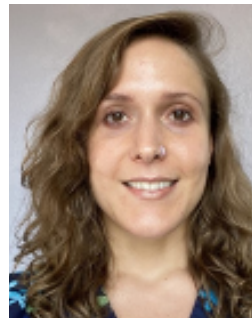
Enroll
HERE!

Pathways to Wellbeing: Insight to Action: Reflections from Confluence

Montana's Confluence 2025 conference sparked powerful conversations around trust, leadership, communication, and technology. This Pathways session is your space to reflect, reconnect, and build on that momentum.

- Whether you attended the conference or not, you'll:
 - Hear what resonated most with others in the field
 - Cross-pollinate insights and ideas
 - Reflect on what inspires your work
 - Leave with one meaningful action you can bring back to your team

- **Date/Time:**
4/23/25 - 10:00 am
- **Location: Zoom**



Lydia Czech, Wellness Director

Lydia Czech is the Director of the Montana Public Health Training Center's Worksite Wellness Program. She holds a bachelor's in Health and Human Performance from the

University of Montana, with a focus in Community Health, along with certifications in Health Behavior Coaching, Worksite Wellness (National Wellness Institute), and Sound Therapy (Level 3, Himalayan Singing Bowls). As an Accredited Meditation Practitioner, Lydia brings a passion for guiding health professionals in mindful wellness practices that support long-term health and resilience.

This learning opportunity is funded
by
MT DPHHS
Behavioral Health and
Developmental Disabilities

