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UNIVERSITY OF  
**MONTANA**  
PUBLIC HEALTH TRAINING CENTER  
SCHOOL OF PUBLIC AND  
COMMUNITY HEALTH SCIENCES

# Making Wellness Work at Work: Time, Space & Leadership Buy-In

Short on time, space, or support? You're not alone. This session tackles common barriers to workplace wellness and offers practical strategies to work with what you've got. Through real stories and simple tools, we'll help you rethink what's possible and take your next step with confidence.

Our objectives include:

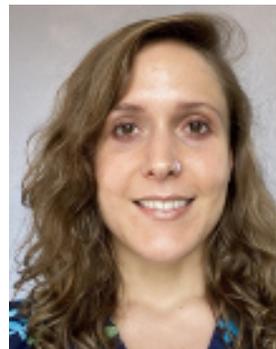
- Identify current workplace challenges that limit well-being efforts.
- Learn simple, strategic ways to make space for wellness in your day.
- Explore how to engage leadership and create momentum without burnout.



## **Desiree Restad, Wellness Strategist**

Desiree Restad is the Wellness Strategist for the Montana Public Health Training Center's Wellness Program.

She holds a Bachelor's Degree in Health Promotion from Montana State University – Billings and a Master of Public Health from the University of Montana. A passionate advocate for whole-person well-being, Desiree is also a Certified Wellness Practitioner through the National Wellness Institute, bringing both expertise and heart to her work in public health.



## **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.

- **Date/Time:**  
**8/27/25 - 10:00 am**
- **Location: Zoom**

This learning opportunity is funded  
by  
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