

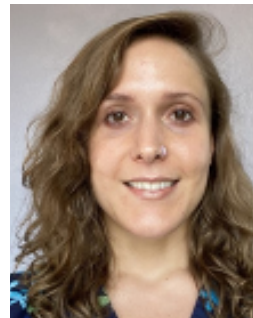
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Pathways to Wellbeing: From Awareness to Daily Practice

Building on our first session, "Cultivating Workplace Wellness," this installment shifts from understanding workplace well-being to actively embedding wellness into daily work routines. Through interactive discussions, practical tools, and real-world applications, we will explore how small, intentional actions can create meaningful culture change in public health and healthcare settings.

- Apply the Workplace Wellness Integration Checklist to identify realistic meaningful ways to embed well-being into work routines.
- Experience a guided wellness break to model how well-being fits into a busy workday.
- Create a personal wellness action plan with a clear, achievable next step.

- **Date/Time:**
3/05/25 - 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.

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