

MaineHealth
Center for
Health Improvement

Upcoming Learning Workshops
Fall 2019



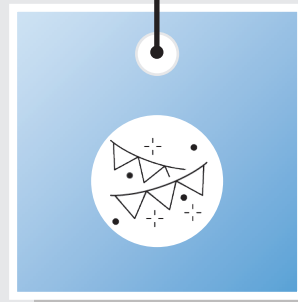
**Mindfulness at
Work**

Mary Bitterauf
September 25
12:30 - 1:30 p.m.
MMC A



Town Hall

Dr. Dora Anne Mills
October 22
12:00 - 1:00 p.m.
MMC A



**CHI Annual
Celebration**

November 19
10:00 a.m. - 12:00 p.m.
MMC A & B



**Something on
Change**

December XX
Time
Location

Register today:

MHEmployees.CourseStorm.com