



# Your Health and Wellness Navigation Team



## Did you know?

As part of your benefits, you can reach out to your Health and Wellness Navigation Team at any time regarding any health and wellness topics at **no cost!**

We have an abundance of evidence-based resources to share with you and can also create customized health and wellness resources just for you!

We look forward to connecting with you and supporting you on your wellness journey!

## How We Can Help:

### Individualized Services

- One-on-one meetings
- Connection to employee benefits
- Connection to resources in your community
- Evidence-based research on topics of interest

### Department-Level Initiatives

- Lunch and learns on health and wellness topics of interest
- Wellness calendars with bimonthly wellness topics
- Customized resources
- Assistance with health and wellness interest surveys

## Connect with us!



**Your Health and Wellness Navigation Team**

207-620-9209

[WellnessNavigator@mcd.org](mailto:WellnessNavigator@mcd.org)

### Office Hours:

Monday - Friday  
8:00am to 4:30pm