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Doshier Celebrates Opening of Employee Walking Trail

A .25 mile marked trail was created to support workplace wellness

SOUTHPORT—On Thursday December 1st, Doshier Memorial Hospital celebrated the opening of their employee walking trail, a .25 mile marked course that begins and ends at the back entrance of the hospital. The walking trail was an initiative conceived by Doshier’s Workplace Wellness Committee to give employees a designated space to exercise, enjoy the outdoors, or unwind after their shift. The Wellness Committee which was piloted with the support of the Doshier Wellness Coalition this past March, was formed to impact employee well being and to improve the overall health of Doshier staff members.

Said Lynda Stanley, President and CEO of Doshier, “Part of being a great place to work is investing in the overall well-being of our staff. Our physical and emotional health impacts us in all areas of life. The culture we strive to enact at Doshier is one where employees have access to programs that will help them create the healthiest versions of themselves.”

For more information on healthcare services from Doshier Memorial hospital, go to Doshier.org.

For more information on the Brunswick Wellness Coalition, go to BrunswickWellness.org.

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Lynda Stanley, Doshier President and CEO, accompanied by members of the Doshier Hospital staff, cuts the ribbon for the Doshier Dash walking trail.