



Wellness experts to focus on benefits of mind-heart connection

Employers can be the front line to making a difference in a person's health, whether they are facing a medical crisis or pursuing a healthier lifestyle. As an employer, you have the opportunity to integrate emotional intelligence with physical heart health to foster resilience, strengthen teams and drive well-being.

Learn more about this at our April well-being exchange. The session will be led by Jonathan Fisher, MD, a Harvard-trained cardiologist, best-selling author and organizational well-being leader. Dr. Fisher specializes in integrating the science of the mind-heart connection to inspire health, happiness and leadership. Dr. Fisher will join Chan Badger, MD, president of Novant Health Primary Care Services, to discuss how to reduce burnout, how to enhance leadership presence to strengthen relationships and workplace culture, and, ultimately, how to create sustainable well-being for individuals as well as organizations.

This event is part of the [well-being exchange](#) webinar series offered by Novant Health Employer Solutions.

[RSVP here](#)



Date:
Wednesday, April 2



Time:
11 a.m to 11:45



Jonathan Fisher, MD, cardiologist, Novant Health Heart and Vascular Institute, and clinical physician executive, Novant Health



Chan Badger, MD, senior vice president, Novant Health Primary Care Services, and senior physician executive, Novant Health