



**Denise Dumont-Bernier, PT**

**Executive Director  
Occupational Medical Consulting  
Portland, Maine**

Ms. Dumont-Bernier currently serves as the executive director at Occupational Medical Consulting (OMC), a Wellness Workdays company based in Hingham, Massachusetts, recognized locally and nationally as a leader in effective health behavior change, health coaching and wellness designed to deliver results. She has been in the occupational health and wellness field for over 25 years. Ms. Dumont-Bernier began her career clinically as a physical therapist working on site with several Maine businesses, preventing and treating work-related injuries. Over the years she has been responsible for managing occupational medicine physician practices, developing urgent-care centers, and working with employers to improve the health and well-being of their workforces. Ms. Dumont-Bernier has years of experience with providing on-site occupational health and industrial rehabilitation and with integrating worksite wellness services for many well-known Maine employers. She works strategically with business owners, safety and HR professionals to enhance employee health and well-being and track results. Ms. Dumont-Bernier has worked with Maine's third-largest health system serving the Greater Kennebec Valley Region and developed an award-winning wellness program for over 4,000 hospital employees and several businesses throughout the region. She has been a member of the Maine Employers Mutual Insurance Company (MEMIC) medical advisory board for over 20 years and has served as the chairperson for the "Healthy People of the Kennebec Valley" business-driven worksite wellness council. Ms. Dumont-Bernier has presented at numerous regional and national conferences on a variety of topics. She holds a baccalaureate degree in physical therapy from Simmons College, Boston.