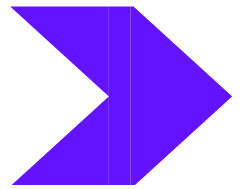
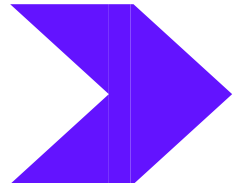
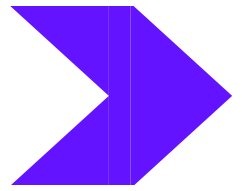


'MOVE IT' WITH COACH KARA MAVILLE

*Certified Health Coach and
Group Fitness Instructor*

Live Virtual Classes



Wednesday, December 23rd 12:10p-12:30p via WebEx
Live Virtual Class: [Office Stretches](#)

Regular stretching can help reduce neck and shoulder pain. Plus, regular breaks to stand and stretch increase productivity. Join Coach K as she takes you through a full body stretch right at your desk!

Wednesday, December 30th 12:10p-12:45p via WebEx
Live Virtual Class: [Full Body Home Workout](#)

An at home workout is more accessible than you might think. It is efficient, offers convenience and requires little to no equipment. Follow along with Coach K as she brings you through a routine that will work the entire body!

Registration and details available in ManageWell

At work: mylogin.hitchcock.org/wellness

Anywhere: ManageWell.com

Questions? Contact Livewellworkwell@hitchcock.org or call 603-650-5950