

Virtual Lunch Time Stretch

Live With Kara Maville



Via WebEx	Tuesdays November 2 - December 28 12:15 -12:30 pm
Stretch breaks are for all levels	Live Well/Work Well's Certified Group Fitness Instructor and Health Coach Kara Maville

Registration and WebEx information is available in ManageWell

At work: mylogin.hitchcock.org/wellness

Anywhere: ManageWell.com

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