

Holiday Lunchtime Stretch

Live with Kara Maville

The Lifestyle Improvement Programs

Certified Group Fitness Instructor and Health & Wellness Coach



Via WebEx

12:00 -12:15 pm

Thursdays

December 7 - December 28

Register by visiting the Dartmouth Health events or scan the QR code below
[Office of Employee Wellbeing Events | Dartmouth Health Events](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950



WELLBEING