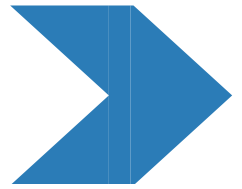
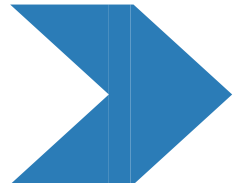
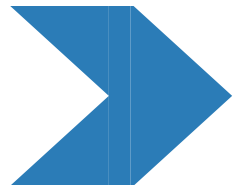


# 'MOVE IT' WITH COACH KARA MAVILLE

*Certified Health Coach and  
Group Fitness Instructor*

**Live Virtual Class**



**Tuesday, March 23rd 12:05p-12:40p via WebEx**  
**Live Virtual Class: [Full Body Home Workout](#)**

**Take a lunch break with Coach K as she brings you through a routine that will work your entire body right in the comfort of your own home. Using common household items to add a bit of resistance, this workout will be fun and encouraging. You'll leave the class feeling motivated and ready to come back for more.**

Registration and details available in ManageWell

At work: [mylogin.hitchcock.org/wellness](https://mylogin.hitchcock.org/wellness)

Anywhere: [ManageWell.com](https://ManageWell.com)

Questions? Contact [Livewellworkwell@hitchcock.org](mailto:Livewellworkwell@hitchcock.org) or call 603-650-5950