

# Healthy Movement for Life

No matter where you're starting, the more you move, the better your body will function. Join fitness expert [Kara Maville\\*](#), for this six-class series and learn fun ways to move your body and how it can functionally fit into your life.

VIA WEBEX  
12 - 12:30PM

Join us for one or all sessions.  
Watch for more classes coming in 2025!

**September 17**  
You Were Born to Move

Create habit, not hassle. Build your confidence to become a more moveable version of yourself.

**November 19**  
Stretching, Balance  
and Flexibility

Whether you're a mild mover or a fitness enthusiast, stretching, balance and flexibility can help keep your muscles functioning properly and improve your range of motion. Learn how to create effective routines that meet your daily needs and abilities.

**January 21**  
Boost Your Heart

The cold winter months can have us feeling restless, but don't let that stop you from working your heart muscle. Whether you stay indoors or head outside, let this class teach you how to break a sweat during the winter months in a fun and enjoyable way.

\*The Lifestyle Improvement Program's Certified Health & Wellness Coach  
and Certified Primary Group Fitness Instructor

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



Questions?

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