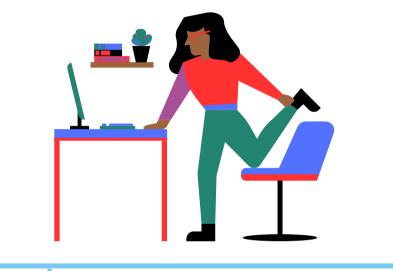
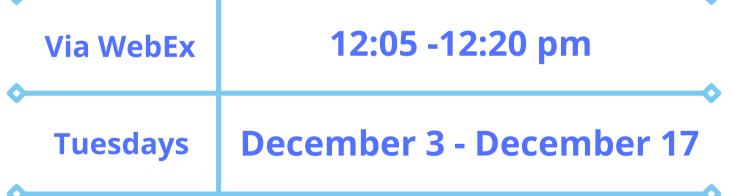




Led by <u>Kara Maville</u> The <u>Lifestyle Improvement Programs</u> Certified Group Fitness Instructor and Health & Wellness Coach





Register by visiting the Dartmouth Health events or scan the QR code below <u>Employee Wellness Events | Dartmouth Health Events</u>



Questions? Contact <u>LifestyleImprovement@hitchcock.org</u> or call (603) 650-5950

