

Holiday Stretch

Led by Kara Maville

The Lifestyle Improvement Programs

Certified Group Fitness Instructor and Health & Wellness Coach



Via WebEx

12:05 -12:20 pm

Tuesdays

December 3 - December 17

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



Questions?

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