

# 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.

## March 18

Building Your  
Strongest Self

From dumbbells to gym workouts, home exercises, and everything in between, you can build your strongest self no matter what equipment you have. Join us for the fourth class in the series and discover how muscle training is an essential component of building your strongest self.

## May 20

Movement That  
Works for YOU

Learning to ignore the latest fads and quick fixes is crucial, as a movement plan can look different for everyone. This class will leverage key insights from the past four sessions to support your movement journey and help you discover a sustainable approach that works for you.

## June 17

The Cooldown

The final cooldown class emphasizes rest, recovery, and cooling down to ensure your body performs at its best. These essential components of an effective exercise routine, along with practical and sustainable steps, will help you find balance and maintain your progress moving forward.

\*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