

VIA WEBEX
12 - 12:30PM

Hiking 101: Preparing To Hit The Trails

GO FOR A HIKE AND EMBRACE THE OUTDOORS!

TUESDAY, JULY 15

Join this class and learn the basic knowledge about trail safety, having the proper gear, training for hikes, and more.

Led by: Kara Maville, M.Ed, AFAA, CHC

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