

VIA WEBEX
12 - 12:30PM

Train Wild Fitness for the Outdoors

TUESDAY, SEPTEMBER 16

Move beyond the gym and into nature. Learn about functional movement that helps build real-world strength, agility, and endurance for all things fitness outdoors.

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