

DESK WORKER WELLNESS

**Are you spending too much time sitting?
Learn gentle stretches, mobility, and
strength moves to ease stiffness, improve
posture, and energize your workday.**

Tuesday, 3/17

12:00 - 12:30 pm via Webex

All levels welcome

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



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

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