

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