

Mindful Movement

LED BY: KARA MAVILLE,
M.ED, AFAA, CHC

TUESDAY, JANUARY 20
12:00 - 12:30PM
VIA WEBEX

Tired of viewing movement as a chore? In this class, you will learn to move your body more mindfully and leave with the tools to rediscover the joy of being active.

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