

STRETCH BREAK EXPRESS

Press pause on your day and join us for simple stretches, calming breathwork and grounding techniques—perfect for all fitness levels and a morning energy boost!

Led by the Employee Wellness Team



**Monday, 3/16 - Friday, 3/20
9:30 - 9:45 am via Webex**



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