



Free Employee Yoga Class at Evergreen January 7 to May 19

Yoga

Tuesdays, 12:10 to 12:50pm

This wonderful, therapeutic class is designed for all fitness levels and is an excellent way to increase strength and flexibility in the mind, body and spirit.

Yoga is designed and can be modified for all fitness levels.

The class is held at Evergreen 1 Building,
Mt. Everest Conference Room on Level 1 (Suite 100)

Questions? Contact LWWW at 603-650-5950 or e-mail Livewellworkwell@hitchcock.org