

Wellness that Works™



Join a 12-week WW Series

\$132.60 per member, due at registration at Kick-Off
15 registered, paid participants required to run each 12 week series.

Register for a series today:

Contact Live Well/Work Well (603) 650-5950 or livewellworkwell@hitchcock.org

Series 1

Tuesdays, February 18 to May 5
11:00 to 11:45am

Kick-off date: Friday, February 18,
10:45am to 12:00pm

Location:
Fuller Board Room

Series 2

Fridays, February 21 to May 8
12:00 to 12:45pm

Kick-off date: Friday, February 21,
12:00pm to 1:15pm

Location:
L5 Fitness Class space, East Mall

Employees must be present to complete their registration and initial wellness check-in at the Kick-Off. You can join after start of series; your cost will be pro-rated at the regular price of \$156 for the number of weeks remaining in the series.