



Make Movement Your Mission

Shift your mindset and learn how to fit exercise into your day with simple, equipment-free movement.

**Make Movement
Your Mission**
Thursday, March 19
12:30 p.m. - 1:30 p.m.

[Register Now](#)

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

