

ONSITE GROUP COACHING

Summer Sunrise Walking Series



Summer heat keeping you inside? Join Coach Lou for a 6 week summer 'sunrise' walking group around Capitol Square.

Each 30 minute session will begin with some helpful tips, and then we will get our walk in before the blazing sun hits. Do as little or as much as you are comfortable doing with the support of your Healthy Lifestyles Coach and a team of your peers.

Registration is required for the series, however, you may join in at anytime. At least 3 people must be pre-registered for each time slot or that time slot will be cancelled. We will not walk in severe weather.

Tuesdays & Thursdays

7:30am-8:00am

July 3 -August 16

****There will be no coach-led groups on July 24 and 26, but walkers are encouraged to meet on their own!**

Meet on the deck of the James Monroe Building, outside of the main entrance.

Healthy Lifestyle Coaching is available at **no cost to COVA employees** enrolled in **COVA Care, COVA HDHP, or COVA HealthAware**. Call Coach Lou to schedule your appointment and get started on your journey to better health!

ActiveHealth services are not affiliated with CommonHealth



TO REGISTER: Contact Coach Lou Winterling, MS, NBC-HWC, CPT
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Offices located at Capitol Square Healthcare

