

Activity: Make Your Snack Pop



Stop by for a festive healthy ‘treat’ and learn a quick and easy healthy snack option to make your snacks ‘pop’ with fiber, B vitamins and iron.

James Monroe Building
Wednesday October 31: Outside Cafeteria
7am – 10am

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



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