



Lunch and Learn: Sounder Sleep

What would our days be like if we all had better quantity and quality of sleep? Learn the many lifestyle, environmental, and medical best practices to help you get the restful slumber you deserve. Get your ZZZzzzzzzzzzz.

Grab your lunch and join Coach Lou at 12:00 PM!

Limited spots available! Contact Coach Lou at 844-342-1791 x 8578 or lwinterling@activehealth.net to register.

**Capitol Square Healthcare Conference Room
James Monroe Office Building, Mezzanine level
Tuesday, July 18: 12:00 - 12:30PM**

Healthy Lifestyles 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!



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