



Activity: Make and Take Succulent Workshop

Gardening can be a stress relieving refuge and can contribute to health and wellbeing. Start a mindfulness practice, get your hands dirty and leave with a beautiful potted plant.

Thursday April 12: 12pm-1pm

Thursday April 26: 12pm-1pm

**Capitol Square Healthcare Conference Room
Mezzanine level of James Monroe Building**

Registration is limited, reserve your spot today! Contact Coach Lou at covacoach@activehealth.net to register.

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!

ActiveHealth services are not affiliated with CommonHealth



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