

Activity Table: Organic Foods



The availability and sales of organic foods have skyrocketed in the past few years. Learn how organic foods differ from conventional foods, along with labeling requirements and how to save money if you choose to buy organic.

James Monroe Building Outside of Cafeteria Wednesday March 21: 11:30am-1:30pm

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



Presented by: Lou Winterling, MS, NBC-HWC, CPT
Phone: (844) 342-1791 x 8578
Email: lwinterling@activehealth.net
Offices located at Capitol Square HealthCare

