

# April is Alcohol Awareness & Safety Month



Join Dr. Lemon & Coach Lou this month to learn the pros and cons of alcohol consumption, portion control, the impact on chronic diseases and positive coping strategies.

**James Monroe Office Building**  
**April 19: Outside Cafeteria, 11am – 1pm**

**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



**Latrina Lemon, MD, MSHA**  
**Medical Director, Capitol Square Healthcare-for state employees**  
Clinical Assistant Professor  
Department of Family Medicine and Population Health  
VCU Health | MCV Physicians



**Lou Winterling, MS, NBC-HWC, CPT**  
**ActiveHealth Management Onsite Coach**  
Coaching services for COVACare, COVAHDHP and COVA HealthAware state employees



**Capitol Square Healthcare**  
for State Employees