

Lunch and Learn: Boost Your Brain Power As You Age



As the years pass, your health becomes more important than ever. We'll discuss how to improve your memory, boost your brain power and develop tools for staying healthy as you age.

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

**Capitol Square Healthcare Conference Room
James Monroe Office Building, Mezzanine level
Tuesday, August 15: 12:00 - 12:30PM**

Limited spots available! Contact Coach Lou at 844-342-1791 x 8578 or lwinterling@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!



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