

Lunch and Learn: Gift Yourself Gratitude



How does gratitude support a healthy mind?
Learn and discuss the benefits of gratitude and review the latest research. Explore using mindfulness to generate gratitude, boost optimism and ways to practice of gratitude. Grab your lunch and join Coach Lou at noon!

Capitol Square Healthcare Conference Room
James Monroe Office Building, Mezzanine level

Thursday December 14: 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!

ActiveHealth services are not affiliated with CommonHealth



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