

Lunch and Learn: Total Health: It's All Good...



Wellbeing is created by many factors that may impact one's health and life. Learn how to focus on these areas while maintaining balance in this high level overview of all of the dimensions of wellbeing. Take away at least one thing that will help you to achieve greater total health in your life!

**Capitol Square Healthcare Conference Room
James Monroe Office Building, Mezzanine level
Thursday September 28: 12:00 - 12:30PM**

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