

# Lunch and Learn: Think Well, Live Healthy



Bringing awareness to how our thoughts and beliefs may cause stress, may reduce the impact on the body, mind and our behaviors. Learn how to identify common negative thought patterns and techniques for reframing thoughts to reduce stress.

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

**Capitol Square Healthcare Conference Room  
James Monroe Office Building, Mezzanine level  
Thursday May 24: 12:00 - 12:30PM**

**Limited spots available! Contact Coach Lou at 844-342-1791 x 8578 or [lwinterling@activehealth.net](mailto: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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