

# Activity: Winter Movement



Wanting to hibernate? Learn how your body responds to cold temperatures, and even warns you when it's under stress. Plus learn tips to stay active (while staying safe) throughout the winter months.

**James Monroe Building**

**Thursday December 7: Outside Cafeteria  
7am – 10am**

**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



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