

Activity: Goal Setting 101



Welcome 2018! Visit Coach Lou for a mini coaching session to set goals, overcome challenges and get fired up to make a healthy lifestyle change. Sign up for the **Eat Smart 21-Day Healthy Habits Challenge** and jumpstart to a healthier lifestyle. Join your co-workers and challenge one another! Are you ready to lose some weight, eat a little healthier and manage stress? Body composition screen available.

January 11- 930am-1230pm

January 25- 7am – 10am

James Monroe Building, Outside of Cafeteria

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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