

Activity Table: Metabolism



Ever wonder if there's anything you can do about your metabolism? Discover what's fact or fiction when it comes to how your body burns calories.

James Monroe Building Main Level, Outside of Cafeteria
Tuesday February 19th
9am – 12pm

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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