

**LOOKING FOR WAYS TO BRING YOUR TEAM TOGETHER?**

# **COMMONHEALTH VIRTUAL CLASSES**

Helpful wellness information in a live format  
viewed on any computer or smartphone anywhere  
that has an internet signal.

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**REQUEST A CLASS SESSION AT  
WELLNESS@DHRM.VIRGINIA.GOV**

Healthy Eating \* Stress Management  
Germ Control \* Behavior Change & more!



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**COMMONWEALTH OF VIRGINIA  
OFFICE OF WORKFORCE ENGAGEMENT**