Take 10 for You!

CommonHealth's Guide to Staying Healthier in 2014!

Most of us say we don't have time to improve our Health.

But do you have 10 minutes?

Just 10 minutes each day can make a difference in your health.

Come get practical tips to maximize the time you have to lower
stress, reduce clutter, and improve your health.

Everyone who attends will receive an incentive.

Date: Monday, Feb 24, 2014 **Time**: 10:00 am

Location: Lee Hall 412

www.commonhealth.virginia.gov