

# Healthy Habits for Long Work Days



Construction asks long days of its workers, and finding time for fitness can be challenging. This 90-minute interactive workshop will provide a comprehensive look at exercise, physical activity, and how to reach your personal fitness goals to improve your health.



**TUES. MAY 14, 2024**  
**2:00-3:30PM**



**ALLAN MYERS - FAIRFAX OFFICE**  
12500 FAIR LAKES CIR. UNIT 150  
FAIRFAX, VA



**Sarah Clogan**  
Onsite Wellness Coach  
Allan Myers

**FREE FOR HCCA MEMBERS**

COMPANY: \_\_\_\_\_

ATTENDEE: \_\_\_\_\_


ATTENDEE: \_\_\_\_\_

ATTENDEE: \_\_\_\_\_

CONTACT EMAIL: \_\_\_\_\_

Email [events@hcca.net](mailto:events@hcca.net) by May 7 to reserve your seat!

 [www.hcca.net](http://www.hcca.net)

 703-392-7410

  @hcca1957

**Hosted by HCCA**  
**Women in Construction**

