Win Prizes, Learn, and Engage!

- Live Mainstage Sessions with Wellness Experts
- Exhibit Booths With Videos and Handouts
- Raffle Prizes
- Portal access throughout the fair duration!

Your Virtual Health Fair Portal is open from November 15 through November 24. See you on the Mainstage!

SAVE THE DATES
November 16 & 17, 2021

Live Mainstage Sessions: Nov. 16, 10 am – 1 pm ET; Nov. 17, 10 am - 1 pm ET

Balance & Boundaries
Becoming a master of your time and energy is THE way to succeed at work and at home. Join us as we create balance and boundaries in your daily life.

Immunity Boosters
This session will focus on how to maximize your immunity through whole foods that are easily found in your pantry and local grocery store that have properties to superpower your immune system.

Resiliency & Stress Management
Participants will learn coping mechanisms and techniques to manage stress to empower them to move through life's challenges with resiliency.

Goal Setting & Reaching Resolutions
This session will teach you how to form goals and take action so you can reach those goals – and celebrate success. Let's put the GO in GOAL!

Eating for Energy
Learn how to eat well to increase energy throughout the day. With so many choices it's hard to decipher what are the best snack, lunch, and kid-friendly foods to eat to maintain energy to optimize well-being.

From My Kitchen to Yours: Healthy Holiday
Let's get cooking! Join us for an interactive live cooking experience where you will learn how to cook delicious, health focused meals using easily accessible ingredients along with some surprising culinary tips!

Visit the Exhibit Booths!
- De-stress at Your Desk
- Guided Stretch
- Mindfulness 101
- Financial Well-being
- Diversity & Inclusion
- Plus Special Vendor Booths!

Keep Wellness Front & Center!
Health Fair will remain open for 5 days after the live sessions so you can access materials and resources!

For customer support contact Wellness Concepts at strive@well-concepts.com.