



VIRTUAL WELLNESS FAIR

Please join us for our virtual wellness fair!

Events will take place via Zoom from

October 28th - October 30th.

**Participate in the virtual wellness fair to be
entered to win raffle prizes!**

**Visit the virtual wellness fair website to
learn more about the events, presenters, and
raffle prizes!**

Click [HERE](#) or scan the QR
code to access the
wellness fair website.





VIRTUAL WELLNESS FAIR

When registering for each session, please be sure to enter your first name, last name and email address.

Tuesday, October 28th

Topic	Time	Registration
Sleep Hygiene	9:30 - 10:30 am CST	Register <u>HERE</u>
Nutrition for Chronic Disease Prevention	2:00 - 3:00 pm CST	Register <u>HERE</u>

Wednesday, October 29th

Topic	Time	Registration
Virtual Cooking Demo	11:00 - 12:00 pm CST	Register <u>HERE</u>

Thursday, October 30th

Topic	Time	Registration
Stress Management 101	10:00 - 11:00 am CST	Register <u>HERE</u>
Basics of Budgeting	1:00 - 2:00pm CST	Register <u>HERE</u>



Please note, there will be time for Q&A at the end of each session. Come prepared with questions!