

ADAPT AND
THRIVE

WELLNESS FAIR

October 17-19 2023



Learn, connect, have fun, win prizes!



LTC David Yebra
Psychological Safety



Alex Lesko, MD
Men's Health



Valerie Johnson
Journey to Wellness



Elisa Brown-Pruett, MD
Women's Health



Nick Daugherty
Financial Health



Teacher Retirement System
Workplace Productivity



Zumba
Strength Training &
Yoga



Desk Concerts featuring
state employees!



[Watch the trailer](#)



[Register](#)

Learn more & register at
[GoTo Webinar Registration Page](#)

Daily Schedule

- 9 a.m. Motivational Check-ins
- 10 a.m. Wellness Speakers
- 12 p.m. Virtual Fitness
- 12 p.m. Wellness Speakers
- 2 p.m. Daily Concerts



The State Employee Virtual Wellness Fair is a collaborative multi-agency event!