

## Health and Wellness Fair



### Wednesday, March 15<sup>th</sup> & Thursday, March 16<sup>th</sup>

*(Front Courtyard on the grass area)*

**Nolan the Colon** – come “walk” through and learn all about colon health!

**Foothills Animal Rescue** – dog adoptions – 9 am – 12 pm *(while they last!)*  
*If you adopt one of these darling dogs, please arrange for them to be picked up and taken home (no pets allowed in building).*

*(Front Courtyard on the grass area)*

Fitness demo – get your dancing shoes on!

**Jazzercise** – 12:30 pm

*Participants: bring your sneakers and wear comfortable clothing!*

Grow and eat your veggies!

Learn how to plant a vegetable garden with **Summer Winds Nursery!**

10:00 am

Relax your mind with meditation guided by **Jen Sanders Coaching**  
in the South Carolina East room!

Meditation/Stillness with Journaling Activity – 10 am & 12 pm

Mindful Art Meditation Activity – 11 am & 1 pm

### Wednesday, March 15<sup>th</sup>

Fitness demo – learn how to stretch and move your body!

**Filoo-id Yoga** – 12:00 pm

*Participants: bring your sneakers and wear comfortable clothing!*

### Thursday, March 16<sup>th</sup>

Come see species of hawks and owls that live right here...in Arizona!

**Wild At Heart** will show you just how magnificent these creatures truly are! – 11 am

### Donation drives – Monday, March 13<sup>th</sup> – Friday, March 17<sup>th</sup>

**Eyewear donation Lions Club International's Recycle for Sight Program**

*Help others by paying it forward and giving your old glasses a second sight!*

*Drop off your used glasses at the Executive Health & Company Wellness office.*

**Pet supplies donation for Foothills Animal Rescue**

*Donate supplies, or a money donation to help local animals be their best! Visit*

*the lobby, by Elevator B for more information on our four-legged friends!*

### Online – March 15<sup>th</sup> – March 24<sup>th</sup>

Starting Wednesday, March 15, visit the **Health Fair page** on the **Knowledge Center** for more resources on everything health. Enjoy the welcome video and check out offers from local vendors. You will receive an email on March 15 with a link to the online **Health Fair**.

### All employees have a chance to win raffle prizes!

#### In-person

Stop by the **Welcome Table** just outside the courtyard doors  
to put your entry into the hopper!

Some demos will also have a raffle! Ask the vendor for details!

#### Online

Visit the **Health Fair page** on the **KC** and you will be  
automatically entered into a raffle!