

# 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!

**Flloo-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!