

# Virtual Winter Health Fair

HOSTED BY THE OFFICE OF EMPLOYEE DEVELOPMENT AND WELLNESS

Take some time to focus on your health and well-being by joining us for a virtual health fair! View the schedule of courses below and register for any by clicking on the title under the "Topic" column.

Date	Time	Topic	Facilitator
Tuesday, 2/8	11:00am - 12:00pm	Yoga: Energize & Restore	Karolina Barwinski
Tuesday, 2/8	12:00pm - 12:30pm	Weekly Meditation	Liz Pomerantz
Wednesday, 2/9	11:00am - 12:00pm	Power Bowl Cooking Demo	Rachel Artus R.D.
Wednesday, 2/9	12:00pm - 1:00pm	Optimal Health and Resiliency in Children	KGA
Wednesday, 2/9	2:00pm - 2:30pm	HUECU's Thrive Personal Finance Resources	HUECU
Thursday, 2/10	11:00am - 12:00pm	Supporting Immunity with Nutrition	Stefanie Dean M.A.
Thursday, 2/10	1:00pm - 2:00pm	Your Benefits Overview	Joseph Antony
Friday, 2/11	11:00am - 12:00pm	Virtual Cardio Dance Fitness	Lindsey Brownell

**Each workshop you attend will give you one entry into a draw for a \$25 Amazon gift card!**

PLEASE CONTACT [WORKLIFE@HSPH.HARVARD.EDU](mailto:WORKLIFE@HSPH.HARVARD.EDU) WITH ANY QUESTIONS

