

The COVID Well-Being Event—A *Virtual Health Fair*

Employee physical, emotional and mental health is being challenged like never before, and stress levels are at an all-time high. The COVID Well-Being Event is designed to support your workforce in staying healthy—while also honoring your company’s human and financial resources—using key aspects of our [Wellness Experience 360°](#) work with companies.

More About the Event – The Why and The Details

You know that wellness support for your employees has never been more important than it is right now. You’ve heard of the new trend of virtual health fairs, but frankly do not have the headspace to put it together, or to run it. Further, budgets are tight during COVID and so you find yourself in the catch-22 of knowing that health and wellness support is imperative for employees, but you’re struggling to create the time and budget to make it happen. **We have your solution.**

We have designed a well-being event that is a 3-part series of sessions around the most important aspects of employees staying healthy in body, emotions and mind this winter. It is a public event, meaning you don’t have to do anything but register your company and let us take it from there. All timing, logistics and communications are done for you.

Some of your employees can’t make it on the event dates, or live in time zones that make attending difficult? No problem:

- All virtual sessions will be recorded and accessible for 45 days post-session.
- A summary handout is provided to all registered companies after each session to distribute to employees.

Even better? **These event sessions are being offered at a fraction of our normal on-line speaking fee.** Since many companies will be registering for the event, this allows us to lower registration costs; and our tiering system makes it possible for even the smallest of companies to benefit, while also being mindful of human and financial resources. The registering companies end up becoming a shared community for this COVID Well-Being Event.

More About the Event Sessions

All sessions are 12:30-1:30 ET

Tue 11/17 – Health, Stress and Immunity Basics

What are the most important aspects of whole-person health? Learn why they matter and how they can be implemented.

Tue 12/1 – Develop Stress Resilience

How is stress resilience different from stress management? Understand why we need both, and how to bring them about in your everyday life.

Tue 12/15 – Stay Healthy with Food and Self-Care

Why do food choices GREATLY matter in all aspects of health? Learn the key points of healthy eating, self-care and how to effect change.

Thu 12/17 – Well-Being Q&A

(This Bonus session is for companies that register for all 3 sessions)

Still hungry for intel on whole-person health? This is the perfect opportunity to get your Q's A'd by a multi-expertise health consultant—Laurie Warren, MSN, author of [Wild World, Joyful Heart: Unlock Your Power to Create Health and Joy](#).

Get Registered

Your company can register for individual sessions, or register for all 3 sessions—the whole COVID Well-Being Event—at a discount. Companies that register for all 3 sessions are also invited to a bonus Well-Being Q&A Event; a full hour of Q&A, recorded for your convenience! All event sessions include a 15-minute Q&A.

Pricing is based on company size, as follows:

Company size	Single Sessions	All 3 Sessions
0-50	\$200	\$500
51-150	\$325	\$810
151-300	\$440	\$1100
301-500	\$550	\$1375
501+	\$620	\$1550

Register early by contacting me [on LinkedIn](#) or at Laurie@LaurieWarren.com.

Due to the unavoidable confines of attendee maximums with video event hosting services, registration will close once 1,000 potential attendees (based on a percentage of company size) have been registered.

This event has been designed with both company and employee well-being considered in every detail. We look forward to serving you and your workforce!