

ADAPT AND
THRIVE
WELLNESS FAIR

October 15 - 18

Join us for the 5th annual Virtual Wellness Fair! Tune into any sessions that fit within your schedule and don't worry all sessions will be recorded for you to view after this virtual event. Get ready to learn, connect, have fun with a chance to win prizes!

Speaker Spotlights

Tuesday



LT. COL DAVID YEBRA
Division Director, TDCJ

Wednesday



DR. JANET BEZNER
Professor of Physical Therapy
Texas State University

Thursday



ALBERT LUCIO
Wellness Coordinator
Texas Health and Human Services

Friday



DR. Jayne Morgan
Vice President of Medical
Affairs at Hello Heart

Daily Schedule

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



[Watch the trailer](#)

Learn More

Learn more and register on the [GoTO Webinar website](#) or scan the QR Code.

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

