

ADAPT AND
THRIVE
WELLNESS FAIR
2022

October 17-21

Learn, connect, have fun, win prizes!



Todd Whitthorne
Adapt & Thrive



Brian Francis
Improv Poetry



Russell Frohardt, Ph.D.
Neuroscience of
Adaptability: Habits



Lindsey Menge, RD
Cooking Demonstration



Trenae Prosser
Comedic Relief



Tim Church, MD, MPH, Ph.D.
Exercise is Medicine Q&A



Dana Haulotte
Talking about Mental
Health at Work



Charles Robinson
Diversity, Equity &
Inclusion



[Watch the trailer](#)



[Register](#)

Learn more & register at
ers.texas.gov/virtual-wellness-fair

Daily Schedule

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



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