



# HEALTH FAIRS DIRECT

## CORPORATE WELLNESS PROGRAMS

### Bridging the Gap Between In-Person and Online Wellness Programming

#### Virtual Health Fairs

- Interactive Webinars
- Benefit Providers
- Social Engagement
- Cooking & Fitness Classes
- Private Corporate Platform

#### Webinar, Workshop, and Classes

- Nutrition & Healthy Eating
- Healthy & Happy Lifestyle
- Stress & Mental Wellbeing
- Health, Prevention
- Cooking Classes
- Fitness Classes

#### In-Person Health Fairs

- Medical Screenings
- Mental Wellbeing
- Employee Pampering
- Employee Engagement
- Chair Massages
- Nutritional Stations
- Smoothie Bikes
- Hand/Foot Massages
- Paraffin Hand  
Treatments
- Yoga/Chair Yoga
- Snack Sampling
- Dermascan
- And much more...