

#### **Health Fairs Direct**

Empowering Wellness. Inspiring Change.

#### Who We Are

Health Fairs Direct is a leading provider of corporate wellness services designed to support healthier, happier, and more productive workplaces. With almost three decades of experience, we specialize in planning and delivering engaging wellness events that cater to the unique needs of each organization we serve.

Whether you're looking to educate, engage, or inspire your workforce, we bring professional, turnkey wellness solutions directly to your company—onsite or virtually.

#### What We Offer

#### √ Onsite Wellness Events

We organize and manage on-location health fairs, wellness days, and screening events tailored to your company's culture and goals.

### **✓** Biometric Screenings

Our certified health professionals perform comprehensive biometric screenings to help participants understand key health indicators like blood pressure, cholesterol, glucose, BMI, and more.

# √ Virtual Wellness Series

We host a wide variety of live and on-demand webinars, workshops, and fitness classes covering topics such as stress management, nutrition, financial wellness, mindfulness, and more.

#### ✓ Health Coaching & Education

We offer access to one-on-one coaching and educational sessions to support lifestyle changes and promote long-term wellness.

#### ✓ Massage Therapy & Relaxation Services

From chair massage to guided meditation, we offer stress relief services that are both popular and impactful.

#### ✓ Custom Event Planning

Our team works closely with you to coordinate every detail—whether you're planning a single service day or a multi-week wellness campaign.



# Why Choose Us?

#### Nationwide Reach

We serve companies of all sizes across the U.S., delivering consistent and highquality wellness programs.

## Flexible Delivery

Options include in-person, hybrid, or fully virtual formats—customized for your workforce's needs.

#### Engagement-Focused

From interactive stations to prize raffles and wellness incentives, we make participation easy and enjoyable.

### Data & Reporting

Post-event analytics and participation summaries help track impact and guide future initiatives.

# Let's Build a Healthier Workplace Together

Whether you're just starting your wellness journey or expanding an existing program, Health Fairs Direct is here to help make it meaningful, measurable, and fun.

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