

City of Rockville Virtual Health & Wellbeing Expo

May 3 - 7

Attend for your chance to win great prizes!



Our annual employee health fair has gone virtual!
Join us all week long in this new format of health and wellbeing sessions for you and your family. Visit the site below for more details on how to participate and have a chance at more than \$1200 in gift cards.

Time Zone - EST	Monday - 5/3	Tuesday - 5/4	Wednesday - 5/5	Thursday - 5/6	Friday - 5/7
6:30 am - 7:30 am		CyberFit Workout	Zumba Cardio	Kickboxing	
9:00 am - 10:00 am	COVID 19 & Vaccine Education	Healthy Sleep Webinar		Meditation & Breathing (9 - 9:30 am)	Work/Home Organization <i>Design Your Workday for Success</i>
11:00 am - 12:00 pm	Lytle EAP Capabilities/Services	Kaiser Presentation	Benefits Team & Ask the HR	Aetna Open Forum w/Q&A	Safety Division
12:00 pm - 1:00 pm	Mindfulness in Challenging Times	Transform Your Life One Bite @ A Time	Sugar Blues Webinar	Mindful Eating/Mindless Snacking	Diabetes Awareness & Education
2:00 pm - 3:00 pm	Safety101 w/ a Certified Safety Instructor	Office Yoga <i>Deskercise</i>		Art Therapy <i>Zentangles</i>	Live Trivia Game! (Bonus Raffle Drawing!)
6:00 pm - 6:30 pm			Healthy Snacking & Treats Cooking Demo (30 mins)		

Click here to create your account today:
www.EmployeeWellnessHub.com/city-of-rockville/