



Health & Wellness **Virtual Fair**

Welcome to the Virtual Health & Wellness Fair

You have questions – we have answers!

What is the Virtual Health & Wellness Fair? What makes our Virtual Health Fair different?

How does it work?

Show me around the site!

What are my options?

Wow – What are the next steps?

What is the Virtual Health & Wellness Fair?

Let's keep wellness front and center.

A Health & Wellness Fair is a turnkey and high-touch virtual solution designed to engage participants in a relevant well-being and benefits related EXPERIENCE to foster lifestyle change...and we make it fun!

With so many employees working remotely, our virtual health & wellness fair is a scalable solution that provides an engaging and informative experience. The Health & Wellness Fair is a place where people can learn from our experts and engage together in an interactive forum.

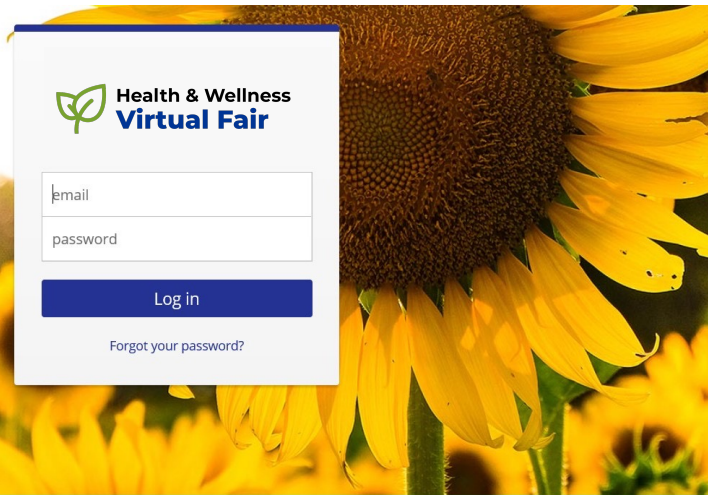
We love health fairs, they are like a party at work, bringing people together even if they are working remotely!

Relax and enjoy.

What is the Virtual Health & Wellness Fair?

Here's what the Health & Wellness Fair provides:

- Customized URL and Registration Page
- Dedicated Program Manager
- Fair MC (Your Host)
- Practitioner & group commenting
- Reporting
- Incentive Management
- Prizes included in each package
- Resource Library
- Interactive Exhibit Booths
- Custom Vendor Booths option (EAP, Benefits etc.)
- Live Mainstage Events
- GDPR compliant



Not registered yet? [Register Now](#)

Need help? Email strive@well-concepts.com or call (413) 591-6729.

How does it work?

Gain some knowledge.

The Health & Wellness Fair has a lot to offer. Participants will have an opportunity to attend live scheduled sessions on the Mainstage and to browse through Exhibit Booths & Custom Vendor Booths. Peruse the Library, chock full of information, recipes, and resources. To keep participants moving forward, the Event Feed pulls it all together – it's where activity happens.

The Event Feed

Keeping participants up-to-date on the Virtual Health Fair is what the Event Feed is all about. Look for posts on what to expect, the schedule, raffle prize winners, and more.

The Library

Relevant educational handouts are available throughout the program in the Library. Users may view them on their browser, download and save them, or print them, if they choose. Want to include your own materials or benefits forms? We can customize to include your resources!

How does it work?

The Mainstage

Our live speaker series takes place on the Mainstage and covers relevant topics with subject matter delivered by experts in their field. Your sessions are moderated by a dedicated Host who will introduce the session and speaker and moderate the Q&A. Each session is scheduled for 45 minutes (30-minute session and 15-minute Q&A). Miss a session? No worries! Recordings of all the live sessions and event-related information are posted in the Event Feed for viewing at your convenience.

Subjects include the following topics:

Cooking Demo: From My Kitchen to Yours

Balance & Boundaries

De-stress Toolkit

Digital Detox

Ditch the Diets

Eat Like a Centenarian: Nutrition for Longevity

Eating for Energy

Extinguishing Burnout

Goal Setting & Reaching Resolutions

Healthy Hydration

Holiday Dining Solutions

Immunity Boosters

Know Your Numbers

Maintaining Your Weight While Working from Home

Master Meal Planning

The Power of Positivity

Resiliency & Stress Management

Solutions for Heart Health

Sustainable Solutions

Vinyasa Yoga

How does it work?

Exhibit Booths

Exhibit Booths are available for the duration of the fair, for participants to browse at their leisure. Each Exhibit Booth contains a video, resource handouts, and the opportunity to interact with colleagues and the Exhibit Booth Practitioner.

Subjects include the following topics:

Behavior Change 101

Breathing & Relaxation

Build a Healthy Brown Bag Lunch

Chair Vinyasa

De-stress at Your Desk

Dig into Dark Chocolate

Menu Sleuthing: Eat This With That

Guided Stretch

HIIT

Mindfulness 101

Restorative Yoga

Shake It Up

Strange & Healthy Foods

Stretch Your Pantry

Supermarket Savvy

Financial Well-being*

Time Mastery*

Mindfulness-based Art*

Diversity & Inclusion*

**additional fee applies*

Custom Vendor Booths

Customized Vendor Booths are designed by you to meet the needs of your organization. We'll craft your resources into a package delivered straight to your team! Consider offering a booth for EAP, Healthcare, Vendor Programs, and a Message from Leadership.

How does it work?

Prizes

What's a Wellness Fair without prizes?! Door prizes are available to all registrants and announced at the start of each live Mainstage session. To engage employees post-Mainstage event, raffle prizes are awarded for commenting in the Exhibit Booths. In addition to door and exhibit booth prizes, there is a Grand Prize raffle open to those attendees who complete the session quizzes and Post-Event Survey.

Prizes and Incentive Management

\$275 in prizes included:

- (6) \$25 Amazon.com Gift Cards for Door prizes and Exhibit Booth prizes
- (1) \$125 Amazon.com Gift for the Grand Prize

Show me around the site!

Here's a little snapshot of the Health & Wellness Fair.

The screenshot shows the user interface for the Health & Wellness Virtual Fair. At the top left is the logo for 'Health & Wellness Virtual Fair'. Below it is a 'Profile' section with a user icon. The main navigation menu on the left includes 'Event Feed' (with a sub-item 'as of 8:11pm'), 'Mainstage', 'Prizes' (with a '100 pts' badge), and a 'BOOTHS' section listing various activities like 'De-stress At Desk', 'Eat This, Not That', 'Financial Well-being', 'Guided Stretch', 'Mindfulness 101', 'Mindfulness-based Art', 'Shake It Up', 'Stretch Your Pantry', 'Supermarket Savvy', and 'Time Mastery'. Below that is a 'VENDOR BOOTHS' section. The main content area features three event cards, each with a 'MAINSTAGE IN 39+ DAYS' or 'IN 39+ DAYS' label and a title: 'From My Kitchen to Yours' (MAY 25 at 12:00-12:45p), 'Know Your Numbers' (MAY 25 at 1:00-1:45p), and 'Goal Setting' (MAY 25 at 2:00-2:45p). Below these is a video player titled 'Welcome to the Health & Wellness Fair!' showing a woman speaking. The video player has a play button, a progress bar at 01:45, and volume and settings icons. Below the video is a text block: 'Thank you for registering for the Health & Wellness Fair, a space where you can learn from our experts and engage together in an interactive forum. We love health fairs; they are like a party at work, bringing people together even if you are working remotely! Relax and enjoy.' This is followed by a section titled 'What to Expect' with the text: 'Gain some knowledge! You will have an opportunity to browse through Exhibit Booths at your leisure or attend live scheduled sessions. Miss a session? No worries, the portal will remain open after the live Mainstage sessions, so you can catch up and have time to complete the event related quizzes and post event survey (this enters you into a raffle!).'

Orientation Video

- What to expect
- Mainstage
- Exhibit Booths
- Prizes
- And more!

Show me around the site!



Profile

Event Feed as of 8:11pm

Mainstage

Prizes 100 pts

BOOTHS

De-stress At Desk

Eat This, Not That

Financial Well-being

Guided Stretch

Mindfulness 101



Live stream sessions
Want to watch a video
excerpt of a real live
session? [Watch it here](#)

Submit a Question for Q&A

Mainstage presenters will answer your questions here during live Q&A. Anything we can't get to will get answered in our daily post to the Event Feed.

What room is good for day time diffusers?

Submit



Submit questions
during live sessions.

Mainstage Schedule

11:00 AM EST

Cooking Demo: My Kitchen to Yours



Amie Hoffman
Registered Dietitian

11:00-11:30 • Live Session
11:30-11:45 • Live Q & A

An interactive live cooking experience with a registered dietitian and food expert. Participants learn how to cook delicious meals using easily accessible pantry ready ingredients! Topics include:

- Cook for a day and eat for a week
- To freeze or not to freeze?
- Deciphering expiration dates and Kitchen safety

12:30 PM EST

DeStress At Your Desk & Essential Oils



Bari Koral
Yoga Teacher & Entertainer

12:30-1:15 • Live Session
1:15-1:30 • Live Q & A

This interactive class teaches participants easy stretches in conjunction with breath work and relaxation techniques to relieve areas of contraction and reduce overall stress. Topics include:

- Relaxation techniques
- Meditation
- Essential Oils

Show me around the site!



Profile

Event Feed as of 8:11pm

Mainstage

Prizes 100 pts

BOOTHS

De-stress At Desk

Eat This, Not That

Financial Well-being

Guided Stretch

Mindfulness 101



At the Booth



Janyl Finnerty
Registered Dietitian

Not only am I an RD, but I'm also a chef, sharing my tips with you today on how to stretch your pantry!



Mandy Enright
Registered Dietitian & Yoga Instructor

I am your resident wellness fair expert, looking forward to assisting Janyl at the booth!



Let's Have a Conversation!

Share your thoughts on 'Stretch Your Pantry' with us and your colleagues! We'd love to hear your tips and inspiration. We learn better together!

Here are a few ideas to get you started:

- What are your favorite pantry items that you never want to be without?
- How do you use frozen fruit and vegetables to save time & money?
- Share your favorite pantry flavor boosts that can perk up your next meal.

[SHARE COMMENTS \(2 comments\)](#)

Download Paperless Handouts (PDFs)



[STRETCHING YOUR PANTRY](#)



[STRETCHING YOUR PANTRY RECIPES](#)

Interactive Exhibit Booths:

- Video includes session and activity (5 - 8 minutes)
- Chat with peers and practitioner
- Educational materials
- Want to watch a video excerpt of a real session? [Watch it here](#)



Let's Have a Conversation!

Share your thoughts on 'De-stress at Your Desk' with us and your colleagues! We'd love to hear your tips and inspiration. We learn better together!

Here are a few ideas to get you started:

- What's your favorite desk stretch exercise?
- Do you currently practice meditation and breathing exercises throughout your workday? How has it helped you?
- What other ways have you found to manage stress?

[SHARE COMMENTS \(6 comments\)](#)



What are my options?

Tier 1: \$5,995

1 Day - 3 hours of live Main Stage
Events Open for 5 Business Day
5 Exhibit Booth
Up to 1,500 participants

Tier 3: \$9,995

2 Day - 3 hours of live Main Stage Events per day
(6 total hours)
Includes 3 additional door prizes for day 2
Open for 5 Business Days
5 Exhibit Booths
Health Fair Kit
Up to 1,500 participants

Tier 2: \$7,495

1 Day - 3 hours of live Main Stage
Events Open for 4 weeks
5 Exhibit Booths
Up to 1,500 participants

Tier 4: \$12,595

2 Day - 3 hours of live Main Stage Events per day
(6 total hours)
Includes 3 additional door prizes for day 2
Open for 4 weeks
5 Exhibit Booths
Health Fair Kit
Includes 2 Custom Vendor Booths
Up to 2,500 participants

What are my options?

The Virtual Health & Wellness Fair is offered in 4 Tier Options

VIRTUAL HEALTH FAIR TIER COMPARISON

FEATURE	TIER 1	TIER 2	TIER 3	TIER 4
Day 1 Mainstage Sessions (3 hours Live Events)	✓	✓	✓	✓
Open for 5 Business Days	✓	✓	✓	✓
5 Exhibit Booths	✓	✓	✓	✓
Up to 1,500 Participants	✓	✓	✓	✓
(3) \$25 Amazon Gift Card Door Prizes	✓	✓	✓	✓
(3) \$25 Amazon Gift Card Booth Participation Prizes	✓	✓	✓	✓
(1) \$125 Amazon Gift Card Grand Prize	✓	✓	✓	✓
Health Fair Kit			✓	✓
Open for 4 Weeks		✓		✓
Day 2 Mainstage Sessions (3 Additional hours live Events)			✓	✓
(3) \$25 Amazon Gift Cards for Mainstage Day 2			✓	✓
Up to 2,500 participants				✓
2 Customizable Booths				✓

What are my options?

Optional Add-ons

- Additional 1000 participants, \$1,000
- Customized Vendor Booth, \$550
- WC Exhibit Booth, \$850
- Additional hour (Main Stage Events), \$975
- Portal open additional week, \$500
- Health Fair Kit (Tier 1 and Tier 2), \$2500
- Additional Day, \$4,495
- Coaching (Nutrition or General Health Coaching), please discuss options with us!
- Assessments: Discover Your Purpose, Coping & Resiliency, and Financial Well-being, \$250 set up fee plus \$6 per assessment

Wow – What are the next steps?

Getting Started:

- Choose your Health Fair Date at least 4 - 6 weeks ahead
- Submit our Intake Form
- Expect up to 4 business days to receive confirmation to include the following:
 - o Date and topic confirmation
 - o Timeline to receive communications
 - o Date registration opens and date portal opens
 - o Marketing Save-the-Date Flyer
 - o Contract and 50% deposit is required

What to Expect:

- Registration will open two weeks prior to the start date
- Upon registration, participants will receive a registration confirmation with calendar files
- Portal will open the day prior to the fair for orientation and browsing

Wow – What are the next steps?

We are ready to answer your questions!

Speak to our Team –
Giselle Ginsberg, Director of Business Development
giselle@well-concepts.com



291 Main Street Great Barrington, MA 01230

T 413.591.6729

www.well-concepts.com

info@well-concepts.com