

# Virtual EXPO

**MAY 10-14** **LIVE EVENTS**  
at 11, 1 and 4

This year's **Work'n Well Expo** will be virtual. Return as often as you'd like to participate in live or view prerecorded sessions:

[employeewellnesshub.com/city-of-alexandria/](http://employeewellnesshub.com/city-of-alexandria/)

	<b>Monday, May 10</b>	<b>Tuesday, May 11</b>	<b>Wednesday, May 12</b>	<b>Thursday, May 13</b>	<b>Friday, May 14</b>
<b>11 a.m. to noon</b>	<b>MIND: Stress Master Class Series</b>  Using Mind-fulness to Avoid Emotional Eating and Mindless Snacking	<b>LIFE: Healthy and Happy Lifestyle Webinars</b>  Work, Life and Finding Happiness in the Balance	<b>ESTATE PLANNING &amp; ELDER LAW:</b>  Do You Need an Estate Plan?	<b>CAREGIVER SUPPORT:</b>  Facing the Financial Impact for Elder Health Care at Home	<b>HEALTH: General Health Webinars</b>  Keeping Your Immune System Healthy
<b>1 p.m. to 2 p.m.</b>	Chard Snyder and Virgin Pulse	UnitedHealthcare	ICMA and CareFirst	Aetna	Kaiser Permanente
<b>4 p.m. to 5 p.m.</b>	<b>NUTRITION: Nutrition Master Class Series</b>  Who's Got the Time? Meal Prepping and Kitchen Hacks	<b>VIRTUAL ACTIVITY:</b>  Animal Olympics	<b>VIRTUAL ACTIVITY:</b>  Dance Party with Live DJ	<b>LIFE: The Healthy Lifestyle Masterclass Series</b>  Create Your Own Happiness	<b>VIRTUAL ACTIVITY:</b>  Healthy Happy Hour w/Mocktail Demo

## Wellness Program Reasonable Alternative Standards

If it is unreasonably difficult for you to meet the requirements under any wellness program due to a medical condition (or if it is medically inadvisable for you to attempt to meet the requirements of the wellness program), Work'n Well team members will work with you (and, if you wish, your doctor) to make additional reasonable alternative standards available. As with any health program, please **consult your doctor**.