

# Wellness day event

**Date:** July 23, 2026

## Timeline

### **08:00 – 08:30 Welcome and Registration**

Participants check in, collect their welcome kits, and enjoy fresh herbal teas and green smoothies.

*Location: Main Lobby*

### **08:30 – 09:15 Opening Keynote: Holistic Well-Being**

An inspiring keynote presentation on balancing physical health, mental resilience, and daily stress management.

*Location: Main Auditorium*

### **09:15 – 10:30 Biometric Health Checks**

Medical professionals offer basic health checks including blood pressure, cholesterol screenings, and posture analysis.

*Location: Health Assessment Center*

### **10:30 – 11:00 Morning Coffee and Refreshment Break**

Networking break featuring organic coffee, infused water, and nutrient-dense snacks.

*Location: Courtyard Patio*

### **11:00 – 12:00 Workshop: Workplace Ergonomics and Posture**

Learn practical adjustments to improve workstation setup and prevent chronic muscle strain throughout the workday.

*Location: Workshop Room A*

### **12:00 – 13:15 Healthy Farm-to-Table Lunch**

Enjoy a balanced catered meal featuring locally sourced organic ingredients designed to boost energy levels.

*Location: Dining Hall*

### **13:15 – 14:15 Breakout Session: Stress Management and Mindfulness**

An interactive session teaching quick breathing techniques and practical strategies to reduce daily anxiety.

*Location: Mindfulness Lounge*

### **14:15 – 15:15 Guided Movement and Yoga Session**

A beginner-friendly movement class focused on gentle stretching, mobility, and core stability.

*Location: Fitness Studio*

**15:15 – 16:15    Breakout Session: Nutrition for Busy Professionals**

Discover meal prep strategies, smart snacking choices, and ways to maintain optimal energy levels.

*Location: Workshop Room B*

**16:15 – 16:45    Wellness Package Distribution**

Attendees receive curated wellness gift bags containing fitness gear, healthy snacks, and self-care products.

*Location: Main Lobby*

**16:45 – 17:15    Closing Remarks and Q&A**

Final wrap-up session summarizing key takeaways from the day and answering audience questions.

*Location: Main Auditorium*