



EMPLOYEE WELLNESS FAIR

Tuesday, October 1, 2024 | 8:30 AM – 3:00 PM | Student Rec Center

South Courts | 8:30 AM - 3:00 PM
Vendor Exhibit Hall

Breakfast for registered Morning Keynote attendees, 9:00 AM

Room 2229 | 9:30 AM – 10:30 AM | Morning Keynote & Breakfast

Breaking the Burnout Cycle

Sarah Caliendo

**Live stream available*

Room 1130 | 11:00 AM - 11:45 AM

Growth Mindset

John Krajicek

**Live stream available*

Room 2225 | 11:00 AM - 11:45 AM

Body Blaster

Presented in partnership with

Texas A&M Rec Sports

Lunch for registered Mid-Day Keynote attendees, 12:00 PM

Room 2229 | 12:30 PM - 1:30 PM | Mid-Day Keynote & Lunch

Negotiating Your Wellness

Miranda F. Walichowski, Ph.D, PCC

**Live stream available*

Room 1130 | 2:00 PM - 2:45 PM

System Vendor Panel

Moderated by Madalyn Smith, MS

**Live stream available*

Room 2225 | 2:00 PM - 2:45 PM

Yoga

Presented in partnership with

Texas A&M Rec Sports

**Live stream available*



Division of Human Resources
& Organizational Effectiveness