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Well-being Works Better™

**SAVE THE DATE**

5TH ANNUAL

# Workforce Health Symposium

Wednesday, February 22, 2023

10:00 a.m. – 3:00 p.m.

UnityPoint Health | Education & Research Center | Thompson Auditorium

The past few years have changed the workplace and impacted the physical and mental well-being of your entire workforce. It time to Rejuvenate Your Health and get back on track. This year's Workforce Health Symposium will focus on:

Motivation and guidance to live a healthier life  
Clinical support for physical and mental well-being  
Wellness resources to live a heart-healthier lifestyle



For more information, contact Wesley Franklin at

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# REJUVENATE YOUR HEALTH