



MENTAL WELL-BEING

FINANCIAL WELL-BEING

PHYSICAL WELL-BEING

NUTRITIONAL WELL-BEING

Virtual Wellness Fair

The CGO Wellness Team will be providing a virtual wellness fair the weeks of February 15th and 22nd at no cost to you, your employees and family. Below outlines the fair schedule with links to register for as many events as you'd like. We hope you can attend an event that interests you!

If you have any questions please reach out to the CGO Wellness Team.

Kayla Isaacs 630.737.9383 kisaacs@GoCGO.com | Madeline Engelking 630.737.9356 mengelking@GoCGO.com

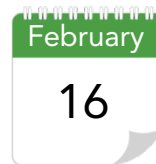
Connor & Gallagher OneSource (CGO) Virtual Fair Schedule: Revitalize Your Wellbeing in 2021



Planning for Retirement

11am CST

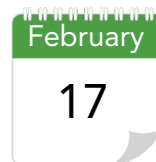
[RSVP or Learn More HERE](#)



Sleep is Your Superpower

1pm CST

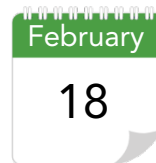
[RSVP or Learn More HERE](#)



Compassion Fatigue

12pm CST

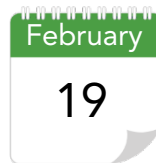
[RSVP or Learn More HERE](#)



Weighing Your Cardiac Risk

11am CST

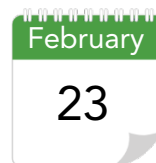
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Stress Management During a Pandemic & Beyond

11am CST

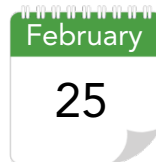
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Total Body Strength-Exercise Class

11am CST

[RSVP or Learn More HERE](#)



Healthy Eating on a Budget Cooking Demo

1pm CST

[RSVP or Learn More HERE](#)

