BeWell Wellness Fair

All R&DE
May 8, 2024, 11:00 am - May 8, 2024, 1:30 pm

2024 BeWell Wellness Fair
Wednesday, May 8, 2024, from 11 a.m. to 1:30 p.m. at Stanford Redwood City’s
Stanford Square

All staff and faculty are invited to our annual spring Wellness Fairs! Join us at one or
all of the following events. Event registration is not required.

The annual Wellness Fairs bring our community together in a welcoming and
positive atmosphere for an opportunity to move, learn, and have fun, thereby
fostering a greater sense of community and belonging, an important part of one’s
well-being. In line with the re-launch of Cardinal at Work Cares, Stanford’s employee
give-back program, this year’s Wellness Fairs focus on coming together for positive
change. There will be various opportunities for faculty and staff to contribute to the
community at the events and beyond.

More fun happening throughout the fairs

- Giveaways while supplies last.
• Farmer’s Market – Fresh, delicious food for sale and lots of free samples too. Meet some of the people who grow your daily dose of fruit and vegetables.
• Visit with therapy dogs – Unconditional love in exchange for pats.
• Music – A DJ will play songs you know and love.
• Complimentary bike tune-ups (at the Stanford campus event only) provided by the Stanford Bike Shop while appointments last. Sign up today
• Fun dance demos led by Stanford Recreation and Wellness instructors at 12 p.m. on the Stanford campus and 12:45 p.m. on the Stanford Redwood City campus.

Click here for more information.

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