

2026 Health Fair

Onsite (Houston only) and Virtual (Everyone)

Wellness Experience Zone

- Massage Station (Houston Only Walk-in)
- Spine Health Evaluation (Houston Only Walk-in)
- Biometric Screenings ([Register Here](#))

Virtual Engagement Center

- [Virtual Spine Health Evaluation](#)
- Podcast (Weight Loss, Sleep, Brain Health)
- Virtual Fitness Class

Houston Events: Building 3 Basketball Court | Nov. 4th 7 a.m. to noon