

For Immediate Release  
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## **Coachella Valley Workplace Wellness Virtual Symposium Registration Open**

***Palm Desert, CA (April 2021)*** — HARC, Inc., the Coachella Valley’s premier source for community health and wellness data, announces that the 2021 Coachella Valley Workplace Wellness Virtual Symposium will take place on June 17<sup>th</sup>, 2021, 11am-12:30pm and registration to attend is now open!

Data shows that workplace wellness can produce great benefits for employers such as increased productivity, improved morale, decreased absenteeism, decreased health care costs, and decreased legal costs. HARC’s annual Coachella Valley Workplace Wellness Awards are designed to reward local businesses that make having a healthy work environment a priority.

However, the COVID-19 pandemic brought unique issues and struggles to many organizations in the past year. Thus, this year, HARC is hosting a virtual event with inspiring speakers that will provide innovative advice on how organizations can prioritize workplace wellness despite the COVID-19 pandemic.

### **About Workplace Wellness Symposium**

All types of organizations are encouraged to participate in this unique symposium including for-profits, nonprofits, schools, and governmental organizations. Business owners, managers, and anyone who cares about employee health and wellness will learn how to cultivate physical and mental health in their employees to best support their organization, both now, and in a post-pandemic environment.

HARC’s Workplace Wellness Symposium will consist of a networking opportunity during a virtual resource fair as well as hosting two inspiring speakers and experts on the subject of workplace wellness: Dr. Mark Agars and Laticia “Action” Jackson.

### ***Keynote Speakers:***

- 1. Dr. Mark Agars** is a Professor of Psychology and Director of the Institute for Child Development and Family Relations at California State University, San Bernardino (CSUSB). Dr. Agars directs the Work.Family.Life research lab, which conducts research on work and family issues with a focus on factors that hinder or facilitate our ability to meet responsibilities in both family and work domains.
- 2. Laticia “Action” Jackson, M.P.H.,** is a Corporate Wellness Expert, 13 x Author, veteran of the United States Air Force, and Fitness Olympian. Her passion for healthy living has helped her transform peoples’ lives by providing the tools and support they need to reach optimal levels of physical, mental, and emotional health.

### **How to Register**

The 2021 Workplace Wellness Symposium will be hosted virtually on June 17th, 2021 from 11am to 12:30pm. Event tickets are now available on EventBrite. Go to <https://2021coachella-valley-workplace-wellness.eventbrite.com> to register. The price for each ticket is \$10 and prices will go up to \$20 on May 15.

### **Sponsorship Opportunities**

Sponsorship opportunities are also available. Sponsorship levels range from \$500 to \$10,000 with perks such as participation in the virtual resource fair, free event tickets, press features on our website, social media, and e-blasts. For more information contact Amairani Ramos at [aramos@harcdata.org](mailto:aramos@harcdata.org).

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### **About HARC**

HARC is a nonprofit organization based in Palm Desert, CA. HARC advances the quality of life by helping community leaders use objective research and analysis to turn data into action, with a special focus on the Coachella Valley. To learn more about HARC, visit [www.HARCdata.org](http://www.HARCdata.org)