



2024

National Harbor, MD

*Gaylord National Resort
& Convention Center*

August 26-28, 2024

Welcome to Wellness Done Well

Please take a seat. We will begin shortly.



Your Hosts Today

Cat Damaré

Hosts Global

Artis Moon Amarché

The Boundless Life

Kristina Chaplin, CITP

Accor

Colleen Bognar, CMP, CIS, SEPC

Maritz



Five Pillars of Holistic Wellness in Events



Physical

Mental







Emotional

Social







Thank you from all of us







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