

Be Colorado Virtual Health Fair: Time, location are no longer barriers to achieving your wellness goals ^[1]

April 5, 2017 by [Employee Services](#) ^[2]

Whether you are on a break at the office or relaxing on the couch at home, you can get healthier with the Be Colorado ® Virtual Health Fair.

From **April 5 through May 31**, visit [Be Colorado's website](#) ^[3] to find virtual booths with information on topics such as weight loss and exercise advice, healthy recipes, oral health and more. You'll also find instructional video content, articles from experts, online health assessments and interactive webinars.

You'll even be able to enter a virtual 5k. Run when you can, then enter your score for a chance to win great prizes.

Join [Be Colorado](#) ^[4] for the Virtual Health Fair and learn how to lead a healthy lifestyle, no matter where you are.

[Join the Virtual Health Fair](#) ^[3]

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