**Dear Sir/Madam,**

**Covid-19 has dramatically changed the way we work.** The world of work has been disrupted in ways that were unimaginable two years ago. The way we work, learn, engage, and communicate has undergone a major shift that demands new stress reducing strategies and tools to stay well at work.

The health, wellbeing and safety of employees is now a top concern. The negative effects of stress have considerable damage on the learning, work performance and wellbeing of an employee. The loss of productivity due to stress alone runs into hundreds of billions of dollars across the world. Stress management interventions will ensure safety, wellbeing and performance of workforce.

Against the above backdrop, IMC’s Health and Fitness Committee has organised a Conference on ‘**Health, Wellness and Workplaces’** on **Friday, February 24, 2023** from **03:00 pm – 06:30 pm** at **Walchand Hirachand Hall**, 4th Floor, IMC Building, IMC Marg, Churchgate, Mumbai – 400 020. The overall theme of the Wellness at work conference is “**Recalibrating Workplaces with Wellness strategy”.**

The aim of this conference is to get all stakeholders of corporate India’s wellness to define the path ahead. People with a stake in corporate health and wellness will participate.

**The Conference will cover the following aspects**

1. Introduction to wellness at workplaces
2. CEO panel discussion on changing face of workplace, work force and their wellness expectations
3. Physical wellness and staying fit at work
4. Ergonomics
5. Mental wellness, spiritual wellness and happiness

A copy of detailed programme is attached for your kind information.

Hence to partake many valuable takeaways from this Conference, **we cordially invite you to attend this event.**

**Kindly note there is NO PARTICIPATION FEE**. However, **registration is mandatory**. To register kindly visit us at https://www.imcnet.org/events-1941

For more details or help with registration, please send email to Mr. Anup Misal at anup.misal@imcnet.org or on hand phone +91 9833934313.

We do hope you will be able to seize this opportunity and participate on February 24, 2023.

We look forward to welcoming you.

With regards,

**Ajit Mangrulkar**

**Director General**