

# Executive Wellness at Work: Building Better Outcomes

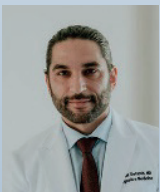
*The First of a Two-part Series that Examines Today's 360°  
Preventative Medicine Model and How to Become the  
Healthiest, Most Productive Version of You – The Best You!*

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**FEATURING:**



**Michael Setareh, MD**  
Medical Director  
**truMD**



**Todd Vande Hei**  
CEO  
**Stark Health**

**MODERATOR:**



**Allan Siposs**  
Managing Partner  
**Keystone Capital Markets**

Our ACG Orange County Academy kicks off a dynamic year of programming and networking with a lively, two-part series that zeroes in on one of the most valuable assets in any business: the health and vitality of its leaders.

Join us for lunch and a robust panel discussion with top wellness experts, as we address new and effective ways executives can:

- Identify and address the factors that rob you of energy and focus
- Understand and help remedy the underlying causes of illness and chronic health challenges
- Learn effective techniques for achieving optimal weight and improving physical fitness
- Learn how to manage stress and implement changes to improve health and longevity

Please note that spots for our popular lunch and learn sessions at ACG Academy are limited, so be sure and register TODAY!

**Thursday, September 5, 2024**

11:30 am – 1:00 pm

**Knobbe Martens (2nd Floor)**

2040 Main St, Irvine, CA 92614

Advance — Members/Sponsor Guests \$30/Non-Members \$50

At the Door – Members/Sponsor Guests \$50/Non-Members \$70

 [Register Today!](#)

For more information, email: [info@acgoc.org](mailto:info@acgoc.org)



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