



2026

THE ANNUAL NMRHCA WELLNESS FAIR



WALKING THE NEXT MILE

A Camino-Inspired Wellness Experience

PRESENTATIONS

-  **Why We Walk: Lessons from the Road to Santiago de Compostela, Spain**
Presenter: Sarita & Tom Loehr, Retirees, Adventurers
-  **Walking the Good Life: Why Our Brain Needs Friends**
Presenter: Ana Hernandez, MS RD LD
-  **Strong Enough for the Road: Movement, Resilience, & Joy of the Next Step**
Presenter: Jackie Pacheco, MPH
-  **Listening to the Quiet Voice: Finding Meaning in your Own Pilgrimage**
Presenter: Jess Biggs, MS



CLICK OR SCAN HERE
FOR DETAILED INFO &
REGISTRATION



www.nmrhca.org/2026wellnessfair/

Activities
Door Prizes
Give Aways
Lunch

IN PERSON

May 13th in Santa Fe

May 14th in Albuquerque

May 28th in Las Cruces

VIRTUAL

May 27th