



EMORY UNIVERSITY  
HOSPITAL MIDTOWN  
Thursday, January 11  
10 a.m. – 2 p.m.

TIME	TOPIC
10:30 – 11 a.m.	<b>SELF-DEFENSE DEMO</b> <i>Captain Johnson, Security Services</i> Take part in this hands-on course to learn how to protect yourself in everyday situations.
11 – 11:30 a.m.	<b>EXERCISE DEMO: STRETCHING</b> <i>Stacey McMillian, Physical Therapy</i> Learn how to build strength and flexibility to improve your body's balance and prevent injury.
Noon – 1 p.m.	<b>COOKING DEMONSTRATION</b> <i>Frederic B. Schultz, Executive Chef, Food &amp; Nutrition</i> Join Chef for a hands-on cooking demonstration on how to prepare delicious and nutritious meals. Taste testing included!
1 – 2 p.m.	<b>EXERCISE DEMO: GROUP FITNESS</b> <i>Bailey Conwell, RPM Fitness Center</i> Walk in and join the fun of this low impact, high fun group fitness class to get your body moving and your year started right!

ALL ACTIVITIES WILL TAKE  
PLACE IN **GLENN AUDITORIUM**  
& THE LEARNING CENTER  
LOBBY.

