



EMORY UNIVERSITY ORTHOPAEDICS & SPINE HOSPITAL

Thursday, January 11
10 a.m. – 2 p.m.

TIME	TOPIC
10 – 10:30 a.m. Room 507 Medical Office Building	BACK SAFETY <i>Danyelle Barnes & Ken Mynatt, Physical Therapy</i> Learn how to love your back with tips for lifting, turning and back strengthening exercises.
10:30 – 11 a.m. First floor classroom	COMPASSION FATIGUE AMONG CAREWORKERS <i>Darrell Robinson, Spiritual Health</i> People who give their all often put their own needs last. Join us for a quick workshop on putting yourself first, without feeling guilty.
Noon – 1 p.m. Near Café	COOKING DEMONSTRATION <i>Arlene Bennett, Director, Food & Nutrition</i> Join Chef for a hands-on cooking demonstration on how to prepare delicious and nutritious meals. Taste testing included!
1:30 – 2 p.m. First floor classroom	COMPASSION FATIGUE AMONG CAREWORKERS <i>Darrell Robinson, Spiritual Health</i> People who give their all often put their own needs last. Join us for a quick workshop on putting yourself first, without feeling guilty.

