



EXHIBIT HALL AGENDA

TIME	ACTIVITY
10 a.m. – 2 p.m.	VISIT HEALTH & WELLNESS EXHIBITORS
10 a.m. – 2 p.m.	HEALTHY EMORY CONNECT Emory's new wellness platform is here! Come sign up and win prizes!
11 a.m. – 2 p.m.	CHAIR MASSAGE (FIRST TO COME, FIRST SERVED!) Stressful day? Visit our massage corner and return to work refreshed!
11 a.m. - 2 p.m.	ART CORNER WITH WOODRUFF LIBRARY Release some stress & create a crafty art piece!
11:45 a.m. – 12:15 p.m.	ZUMBA DANCE PARTY Shake your bon bon & burn some calories with Tanya from Blomeyer.
12:30 – 1 p.m.	COOKING DEMONSTRATION: BEYOND CHICKEN – QUINOA “FRIED RICE” WITH EDAMAME <i>Chef Michelle Reuter, Bon Appetit & Jessica Perry, RD, Bon Appetit</i> Been wanting to cut back on the animal protein? Chef & Jessica will show you how!
1 – 1:30 p.m.	SELF- DEFENSE DEMONSTRATION W/EMORY POLICE Learn some skills from Officers Matt Davis & Stephen Casole to take control of your personal safety!

Come get some love from one of our **therapy dogs** who will be in the hall outside the Exhibit Hall!

Donate non-perishable food items to the **Bread & Coffee House** exhibit table. Donations support Emory students in need.

