



10 - 10:40 a.m.

### Single in 2018? Live and date at your best!

Are you single? More than half of America is and for various reasons! Whether you are worn out from jumping waves in the dating pool, single by choice, ready to date again after a “break”, or have experienced a loss or breakup and are nervous about dating again, come find out ways to take your well-being and dating life to the next level.

**JAD THOMPKINS, LCSW**



10:45 – 11:15 a.m.

### Veggie Tales: Write your own health story!

Registered dietitian Tiffany Barrett will discuss strategies for increasing your vegetable intake, without sacrificing variety. Learn how making simple menu adjustments can help control many health conditions and decrease your risk of developing many diseases. She also will cover preparation methods and provide an opportunity for taste-testing!

**TIFFANY BARRETT, MS, RD**

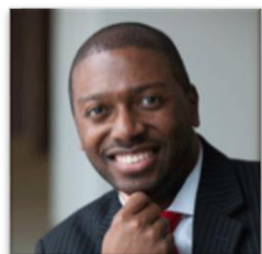


11:15 a.m. – Noon

### Get your money right in 2018

Emory graduate, Alok Deshpande, will present this strategy course on how to get your finances in order and follow a 7-step path to gain financial freedom. Alok will help you understand the headwinds you may face when dealing with money and how to identify the most important number in your financial life.

**ALOK DESHPANDE, MBA**



12:15 – 12:45 p.m.

### Realize your goals in the New Year

In this inspirational presentation, William O’Neal will offer an inspiring message that focuses on the significance of living on purpose. He will help the audience to understand how to apply essential principles that will positively impact both work culture and personal life. With his unique blend of wisdom, humor and enthusiasm, William will stimulate you to take action, develop your potential and unleash your greatness within.

**WILLIAM O’NEAL, SR.**



1 – 1:30 p.m.

### Stress & the Sandwich Generation

Elder law and estate planning attorney Paul Black will address common challenges faced by adults who are having to make care decisions for their aging parents – even as they are still raising minor children of their own. Learn how to address the competing financial priorities that often arise for members of the sandwich generation.

**PAUL BLACK, JD**