



# 2016 Healthy New YOU Expo

January 28, 2016

Cox Hall

3<sup>rd</sup> Floor Ballroom

10:00am-2:00pm



Relax with a quick chair massage!



Get a quick health screening & "know your numbers".



Have a chance to win a raffle prize, EVERY hour!

*\*Chair massages are first come, first serve; between 11:00am – 2:00pm.*

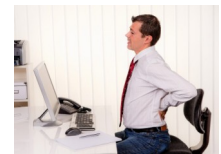
## SCHEDULE OF EVENTS

10:00am – 10:30am  
Cox Ballroom & Foyer

Welcome/Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

10:30am – 11:00am  
Cox 1

Speaker: Office Ergonomics...Easy as 1-2-3! *\*not shown on live feed*  
Kathy Norris, PT, CEAS, COMT, Emory Healthcare  
Come learn some causes and solutions to workstation pain.



10:30am – 11:30am  
Cox Ballroom & Foyer

Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

11:00am - 11:30am  
Cox 1



Speaker: Stress Management with Music *\*not shown on live feed*  
Amy Jackson, DrumRise

This is a session involving crowd participation. Come ready to make some music!

11:30am - 12:00pm  
Cox Ballroom

Exercise Demo: Line Dance the Pounds Away *\*not shown on live feed*  
Pamela Johnson & The 1599 Line Dancers

Come participate in the instruction of easy, medium & hard line dances. A fun way to add some movement to your day!



12:00pm - 12:30pm  
Cox Ballroom



### COOKING DEMONSTRATION:

Healthy Game Day Snacks!

Executive Chef Thomas Harvey, Bon Appetit; Jessica Perry, RD, Bon Appetit

Come learn how to make a healthy snack to enjoy with friends & family during the Superbowl or at any gathering! Tastings will be provided.

12:30pm - 1:00pm  
Cox Ballroom

Speaker: Stress Management with Music *\*not shown on live feed*  
Amy Jackson, DrumRise

A repeat session involving crowd participation.& stress relief!



1:00pm – 2:00pm  
Cox Ballroom & Foyer

Exhibitor Hall closes at 2pm.

