



2013 A Healthy New YOU Expo (For Emory Faculty/Staff)

WHERE: Cox Hall
Emory University Main Campus
3rd Floor Ballroom
569 Asbury Circle

Directions:

From Asbury Circle, enter the building on the second floor and take the elevator next to the computer center to the 3rd floor.

From Emory University Hospital, walk through the Tunnel (T-Level) to Cox Hall and take the elevator next to the computer center to the 3rd floor.

WHEN: January 10, 2013
9:30am-5:00pm
*Schedule of events will be available Jan 4th.

Whether you are interested in learning how to get started with a new exercise program, how to cook a quick and nutritious meal, or how to keep motivated to accomplish all of your goals for 2013...this Expo is for YOU!

Expo will include:

Nutrition Information
Cooking Demos

Fitness Education
Motivational Speaking

Group Exercise Classes
Community Vendors

...and much more!

If you can take an hour out of your day **OR** even if you can just drop by for 5-10 minutes...come out and help make the 1st annual **Healthy New YOU Expo** a great success!

Click [here](#) to access printable flyer to post in your work area!