2015 Healthy New YOU Expo
January 8, 2015
Cox Hall
3rd Floor Ballroom
10:00am-3:00pm

www.bit.ly/WATCHEXPO

Take an hour out of your day OR just drop by for 5-10 minutes... help make the 3rd annual Healthy New YOU Expo a great success!

Visit our Pet Therapy Corner for a stressbreak and play with the service dogs from Canine Assistants

OR

De-stress for a moment with a quick chair massage provided by Radiant Reflections.

*Dog interaction & chair massages are first come, first serve activities; between 11:00am – 2:00pm.

SCHEDULE OF EVENTS

10:00am – 10:25am
Cox Ballroom
Welcome/Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

10:25am – 10:40am
Cox Ballroom
Exercise Demo: Total Body Workout @ the Barre!
Tara Joiner, Founder of Pink Barre
Please join us for a 15 minute sample of thigh, seat and core work to see what the barre workout is all about!

10:40am – 11:00am
Cox Ballroom & Foyer
Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

11:00am - 11:15am
Cox Ballroom
Exercise Demo: 15-Minute Anywhere Workout
Watson Woodward, Blomeyer Wellness Associate
*Make sure you wear exercise or loose fitting clothing and comfortable shoes to participate in this demo.

11:15am - 11:30am
Cox Ballroom
Exercise Demo: Line Dance the Pounds Away
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!
11:30am – 12:00pm
Cox Ballroom

Be Present, Be Strong, Be Balanced; Stress Busting Strategies for the New Year
Mac Martin, PhD, Faculty Staff Assistance Program Clinician

Ever wish that you could be more proactive in taking care of yourself and making sure your stress levels don’t go through the roof? Well Dr. Mac is here to give you some surefire strategies for decreasing your stress in 2015!

12:00pm – 12:15pm
Cox Ballroom & Foyer

Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

12:15pm - 12:45pm
Cox Ballroom

COOKING DEMONSTRATIONS:
Low Fat, Low Sodium, High Taste!
Chad Sunstein
Emory Dining

Many of us have to decrease the fat and sodium content of our foods in order to keep our health in check. Learn how to minimize the fat and sodium in dishes without sacrificing the flavor!

Q&A will follow the demo and tastings will be provided.

12:45pm - 1:00pm
Cox Ballroom

Exercise Demo: Line Dance the Pounds Away
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!

1:00pm – 1:15pm
Cox Ballroom & Foyer

Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

1:15pm – 1:45pm
Cox Ballroom

Starting New! It’s Up to You!
Marilyn Hazzard-Lineberger, PhD
FSAP Director of Behavioral Health & Outreach

People often wish to start anew and change their lives as the beginning of a new calendar year rolls around. However, wishing is sometimes as far as most of us get! If you know that you want to do things a little differently this year, but just are unsure of where to start, this session just may be for you!

1:45pm - 2:00pm
Cox Ballroom

Exercise Demo: Boxing, anyone?
CJ Pascuzzo, 9Round Boxing

A specialized fitness activity that combines “traditional boxing” & kick boxing to create a cardio workout.

2:00pm – 2:15pm
Cox Ballroom & Foyer

Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion

2:25pm - 2:40pm
Cox Ballroom

Exercise Demo: Relax, Relate, Release...Yoga Time!
Jenny Lehigh, SAAC

Make sure you wear exercise or loose fitting clothing and comfortable shoes if you want to participate. Also...bring a yoga mat or a large bath towel to lay on the floor for this demo.

2:40pm – 3:00pm
Cox Ballroom & Foyer

Exhibitor Spotlights with Adam Malm, School of Nursing Wellness Champion / Wrap-Up