

2013 A Healthy New YOU Expo

January 10, 2013

Cox Hall 3rd Floor Ballroom 9:30am-5:00pm

If you can take an hour out of your day <u>OR</u> 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!

DOOR PRIZES!

FOOD SAMPLES!

GIVEAWAYS!

SCHEDULE OF EVENTS

9:30am - 10:15am

Cox 1



SESSIONS:

Stress Less in 2013!

Emory FSAP Clinician

Did you spend most of 2012 stressed out and want to make a change for 2013? Attend this fun and interactive workshop where you will learn how to identify your stress triggers, both personal and professional. Participants will also have the opportunity to practice techniques used to relieve stress and improve overall wellness.

Cox 3



Fitness 101

Beth Kinkade

Blomeyer Health Fitness Center

Ready to start of the new year by getting in shape? But not quite sure how to get started? If you have any questions about working out...this is the session for you. Beth will provide valuable information about the health benefits of working out and what type of exercise might be best to help you reach your fitness goals. Exercises that you can do in a fitness facility and at home will also be covered.

10:00am - 10:45am Cox (Main Room)



Zumba with April

Are you ready to Zumba®? Come show off your Latin-inspired dance moves and burn off some calories! Join our morning dance party and go back to work feeling energized and refreshed! *Make sure you bring sneakers or other lace-up comfortable shoes.*

11:00am - 11:45am

Cox 1



Cox 3



New Year, New You: Energizing your Personal Style

Victor Rogers

Victorious Inc., Image Consulting

Is one of your New Year's resolutions to dress better? This is the session for you! Victor will go over essential wardrobe items; mixing & matching to get the most out of your wardrobe; money-saving tips, and how to make your wardrobe "pop" with accessories. Both male and female style will be covered.

7 Keys to Personal Enthusiasm

William O'Neal

Emory Human Resources

Trying to figure out how to start 2013 with the right mindset and a positive outlook? William is an inspirational speaker who helps individuals understand what it takes to create an enthusiastic and emotionally healthy environment, in both your professional and personal lives. He will show you how you can create an atmosphere where everyone feels valued and will inspire you to bring both body and soul to into everything that you do! Come check him out....William will drive you to discover and develop the greatness that is within!

12:00 - 1:30pm Cox (Main Room)



COOKING DEMONSTRATION:

Learn to Cook: Healthy & Quick!

Chef Michel Wetli

Dobbs University Center

Want to start cooking more in 2013? Come watch Chef Michel and his crew prepare quick and healthy breakfast meals for people on the go. He will also demonstrate how to turn simple, basic items you have in your pantry into tasty and healthy dinners in 30 minutes! Bring all of your cooking questions and Chef Michel will be glad to answer them! Tastings of all dishes will be provided.

1:30 - 2:15pm

Cox 1



SESSIONS:

Your Work Clothes: How to Stand Out While Fitting In

Victor Rogers

Victorious Inc., Image Consulting

Ever wondered what you wear could be saying to the person sitting next to you? Come learn how to send the right message in the workplace, what are the "must have" items in a work wardrobe, and a basic overview of business and business casual attire. **Both male and female style will be covered.**

Cox 3



Being Single, Living Life and Finding Love

Dr. Paula Gomes

Emory FSAP Director

Are you single? More than half of America is and for various reasons! If you are single by choice, worn out from jumping waves in the dating pool, or coming off a dating "break" and ready to find love again....come find out ways to jumpstart your dating life in 2013!

2:00 - 2:45pm Cox (Main)



Yoga with Michael

In need of a mental break and a low impact activity to improve your body's overall wellness? Try our yoga class this afternoon! Yoga is designed to strengthen the body's ability to maintain proper health of the muscles, joints and spine while relaxing the mind. It's a great way to improve posture, balance and coordination, as well as a stress-buster. *Please bring a yoga mat or a large bath towel to lay on the floor for this class.*

3:00 - 3:45pm Cox 1



SESSIONS:

Exposing the Truths & Myths about Nutrition and Diet Advice

Let's make a pledge together....no fad diets, magic pills, or miraculous shakes to start off our wellness plan for 2013! Come learn what disadvantages come along with the latest fad diets that are out there and how they can really sabotage your journey to wellness. Also, Tiffany

Tiffany Barrett, MS, RD, LD

Clinical Dietitian at Winship Cancer Center

Cox 3



Physical Activity

Congratulations! You have made improving your physical fitness level a goal for the new year! This session should get you on the right path to accomplish that goal. In this interactive session, Cody will discuss the health benefits of cardio exercise and provide tips in how to begin a workout plan and maintain it, so that you can reach your desired fitness level.

Cody Chiarello

Blomeyer Wellness Associate

4:00 - 4:45pm Cox (Main)



Bootcamp Class with Warin

Ready to get serious about your fitness goals in 2013? Come try this challenging class consisting of jumping rope, running, kick boxing, and/or other cardio activities with alternating segments of weight training utilizing your own body weight. If you have ever seen a boot camp class advertised...come get a taste!

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.