Thursday, January 28
10 a.m. – 2 p.m., Glenn Auditorium
Emory University Hospital Midtown


A number of great vendors will be onsite from 10 a.m. – 2 p.m. Come by for a visit and to see how they can help you live your best in 2016!

Schedule of Events

<table>
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<th>Time</th>
<th>Topic</th>
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| 10 a.m. – 2 p.m. | 10-Minute Chair Massages
Radiant Reflections Massage |
| 10:30 – 11 a.m. | Self-Defense Demonstration
Russell Johnson, Public Safety |
| 11 – 11:30 a.m. | Gentle Stretching Demonstration
Stacey McMillan, Physical Therapy |
| Noon – 12:30 p.m. | Cooking Demonstration
Frederic B. Schultz, Food & Nutrition Services |
| 1 – 1:30 p.m. | Healthy Eating
Ina Flores, clinical dietitian |
| 1:30 – 2 p.m. | Yoga
Morgan Zinsli, clinical dietitian |

Can’t attend in person? Watch a live stream from Cox Hall:
https://healthyemory.wufoo.com/forms/healthy-new-you-expo-watch-now/