2014 Healthy New YOU Expo  
January 9, 2014  
Cox Hall  
3rd Floor Ballroom  
**Expo:** 10:00am-3:00pm  
**Group Exercise:** 4:15 pm – 6:00pm

www.fsap.emory.edu/expo

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 2nd 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*

*Dog interaction is first come, first serve; between 11:00am – 2:00pm.*

**SCHEDULE OF EVENTS**

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<td>10:00am – 10:30am</td>
<td>Welcome/Exhibitor Interviews/Site Check-ins</td>
<td>Cox (Main Room)</td>
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| 10:30am – 11:00am | Bouncing Back from Stress!  
*Robin Huskey*  
*Emory FSAP Manager of Education & Outreach*  
Do you want to be more resilient in managing stress in 2014? Resilience is a skill which anyone can learn and takes practice to master. Come learn seven keys to boost your resilience and take the first step in developing your own stress management action plan! | Cox (Main Room) |
| 11:00am – 11:20am | Exhibitor Interviews | Cox (Main Room) |
| 11:20am – 11:50am | Fitness Q&A with Cody  
*Cody Chiarello*  
*Blomeyer Wellness Coordinator*  
If you have any questions about working out...this is the session for you. Information will be provided about the health benefits of working out and exercises that you can do at home will be demonstrated. Come with your exercise and fitness questions ready! | Cox (Main Room) |
COOKING DEMONSTRATIONS:

Learn how to make your own soup!

Sodexo Chefs
Dobbs University Center

When it’s cold outside, do you ever crave a warm, satisfying lunch? Sodexo Chefs will teach you how to prepare quick and healthy soups to enjoy through the winter season.

Restaurant salads made at home

Sodexo Chefs
Dobbs University Center

Do you have that favorite salad that you love to get when you eat out, but think it’s too complicated to make at home? Sodexo Chefs will teach you how to prepare fresh and nutritious salads that taste just like they came from a restaurant for a fraction of the price!

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

Ask the RD

Meagan Moyer, RD, LD
Emory Registered Dietitian

Is all the nutrition information swirling around in the atmosphere a little confusing or overwhelming to you? Do you ever find yourself wondering...”What is the right thing to do?” Well...here is your chance to ask a registered and licensed nutrition expert for some nutrition advice.... come with your questions ready!

Exhibitor Interviews/Crowd Games

5 Essentials for Developing Greatness

William O’Neal
Emory Human Resources

Trying to figure out how to start the year with the right mindset and a positive outlook? William will teach you five life-changing concepts for personal and professional growth. This session will help set you up for success in 2014!

Exhibitor Interviews/Wrap-up
DIRECTIONS TO COX HALL

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.