



AGENDA

Goizueta Business School

TIME	TOPIC
10:00 am – 3:00 pm	<p data-bbox="752 882 1249 938">EXHIBITOR AREA</p> <p data-bbox="752 967 2112 1182">A number of great resources will be on-site to help you with your 2023 health and wellbeing resolutions!</p> <p data-bbox="752 1249 1448 1306">GROUP EXERCISE DEMO</p> <ul data-bbox="752 1334 1835 1391" style="list-style-type: none">• Butts and guts 10:30 am – 11:30 am <p data-bbox="752 1532 1913 1589">CHAIR MASSAGES (11:30 AM – 2:30 PM)</p> <p data-bbox="752 1617 2035 1747">Neck and shoulders tight? Come let us work out your kinks! First come, first serve.</p>
12:00 pm – 1:00pm	<p data-bbox="752 1804 1858 1860">COOKING DEMOS WITH CHEF JOCHEN</p> <p data-bbox="752 1889 2001 2030">Learn some easy cooking techniques and some priceless nutrition info.</p>
1:30 pm – 2:30pm	<p data-bbox="752 2087 1470 2143">GROUP EXERCISE DEMOS</p> <ul data-bbox="752 2171 2123 2296" style="list-style-type: none">• Yoga with Kimberly Hamilton (1:30 pm – 2:00 pm)• Boot Camp (2:10 pm – 2:40 pm)