



AGENDA

Emory School of Law

TIME	TOPIC
10:00 am – 3:00pm	<p data-bbox="747 879 1234 936">EXHIBITOR AREA</p> <p data-bbox="747 964 2103 1176">A number of great resources will be on-site to help you with your 2023 health and wellbeing resolutions!</p> <p data-bbox="747 1261 1433 1317">GROUP EXERCISE DEMO</p> <ul data-bbox="747 1346 1822 1402" style="list-style-type: none">• Butts and guts 10:30 am – 11:30 am <p data-bbox="747 1544 1904 1600">CHAIR MASSAGES (11:30 AM – 2:30 PM)</p> <p data-bbox="747 1628 2026 1770">Neck and shoulders tight? Come let us work out your kinks! First come, first serve.</p>
12:00 pm – 1:00 pm	<p data-bbox="747 1835 1849 1891">COOKING DEMOS WITH CHEF JOCHEN</p> <p data-bbox="747 1920 1981 2061">Learn some easy cooking techniques and some priceless nutrition info.</p>
1:30 pm – 2:30 pm	<p data-bbox="747 2126 1468 2183">GROUP EXERCISE DEMOS</p> <ul data-bbox="747 2211 2114 2338" style="list-style-type: none">• Yoga with Kimberly Hamilton (1:30 pm – 2:00 pm)• Boot Camp (2:10 pm – 2:40 pm)