



**DATE**

**TIME**

October 18

Noon to 7:00 p.m.

October 19

7:00 a.m. to 11:00 a.m.

**LOCATION**

Rolfs Sports Recreation Center

*Refreshments*

*Prizes:* iPad  
Kindle

*Giveaways:*



**Workshop Schedule**

**TUESDAY, 10/18**

12:15-12:45pm	Body Weight Strength, RecSports
12:15-12:45pm	Cooking Demo with Chef Miller
12:45-1:15 pm	Latest Advances in Facial Rejuvenation, Jon B. Chadwell, M.D.
1:00-1:30pm	Balance Workshop, RecSports
2:00-2:30pm	Educational Opportunities for Employees, HR
3:00-3:30pm	“Natural Fertility: It’s Back in the Game!”, Nikole R. Bazger, D.O.
4:00-4:30pm	“Diabetes-One size does NOT fit all”, Noreen Mackiewicz, RN, CDE, CPT
4:30-5:00pm	“Sugar: Innocent Treat or Addictive Substance”, Julie Lovisa, Memorial Bariatric and Weight Loss Center
5:00-5:30pm	Tobacco Cessation, Jill Sabo, Coordinator, Tobacco Education, SJRMC
5:30-6:00pm	T’ai Chi , RecSports

**WEDNESDAY, 10/19**

9:00-9:30am	“Skin Cancer Prevention”, Ronald Downs, M.D.
10:00-11:00am	The ABCs of Social Security - David Seymour, Public Affairs Specialist, Social Security Administration

**Meet the Vendors:**

Benefit Vendors  
Campus Partners  
Community Resources

- **Screenings for WebMD HQ**
- **Flu Shots**
- **Golf Swing Analysis**

**Chair Massages**

10/18 12pm - 6:45pm  
10/19 7:30 - 10:30am

**Bus Schedule**

- Both buses will be picking up and dropping off every half hour on 10/18/11 11:45am through 6:30pm.
- On 10/19/11 both buses will be picking up and dropping off every half hour 7am through 11am.

**Bus 1**

1. Mason Center
2. Eddy Street
3. Law School Circle
4. Debartolo
5. Rolfs Sports Rec

**Bus 2**

1. Dorr
2. Corby Road
3. Main Building
4. Grace Hall
5. Rolfs Sports Rec

Screenings include: Grip Strength Testing, Mammogram Bus, EKG, Foot and Vision, Sleep Disorder Clinic, Respiratory Fitness Level, Pulse Oximetry