Welcome to the
2014 BABSON WELLNESS EXPO

Tuesday, October 21st
10:00 a.m. to 1:00 p.m.
## DEMONSTRATION SCHEDULE

### Demonstration Area 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Bootcamp</td>
<td>Craig Paris, Certified Fitness Instructor</td>
</tr>
<tr>
<td>10:40 a.m.</td>
<td>Workout at Your Desk</td>
<td>Michele Craemer, Power Pack Presentations</td>
</tr>
<tr>
<td>11:20 a.m.</td>
<td>Tai Chi</td>
<td>Julie Oberhaus, Tai Chi for Health</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Chair Yoga</td>
<td>Sheena Patel, Savsani</td>
</tr>
<tr>
<td>12:40 p.m.</td>
<td>Exercise Bands</td>
<td>Taylor Cate, NFP</td>
</tr>
</tbody>
</table>

### Demonstration Area 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:20 a.m.</td>
<td>Juicing with Julianne</td>
<td>Julianne McLaughlin, Whole New U Weight Loss &amp; Nutrition Counseling</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Healthy Smoothies</td>
<td>German Lam, Glam Foods</td>
</tr>
<tr>
<td>11:40 a.m.</td>
<td>Cooking Demonstration</td>
<td>Bill Bailey, Flavours Catering</td>
</tr>
<tr>
<td>12:20 p.m.</td>
<td>Five Ingredient Dish</td>
<td>Kate Blaski, Whole Foods</td>
</tr>
</tbody>
</table>

### Chandor Dance Studio

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.</td>
<td>Zumba Class (45 min)</td>
<td>Dawn George, Certified Dance &amp; Zumba Instructor</td>
</tr>
</tbody>
</table>
EXPO VENDORS

American Red Cross
Babson College Open Enrollment Tables
Blood Pressure, Newton-Wellesley Hospital
Blue Cross Blue Shield
Boston Sports Club
Canobie Lake Park
Chair Massage, Elements Massage
  Cigna
  Crosby Benefits
Dawn George, Certified Dance & Zumba Instructor
  Delta Dental
  Eastern Bank
  Fidelity
  Flu Shots, Blue Cross Blue Shield
  KGA
  Marathon Sports
  PetPlan
Professional Advantage Mortgage Group
  Project 2020
  Pure Barre
  Shields MRI
Skin Analyzer, Blue Cross Blue Shield
Space to Breathe
  Spynergy
The Club by George Foreman III
  TIAA-CREF
  Verizon
  VSP
Whole Foods
  Wells Fargo
Whole New U Weight Loss & Nutrition Counseling
  Workstation Analysis, USI Insurance

Please look out for our survey to come by email.
We welcome your suggestions for improving the expo next year!
RAFFLE PRIZES!

$35 Marathon Sports Gift Cards, Courtesy of Marathon Sports

$100 Visa Gift Card, Courtesy of Shields MRI

30-Day Membership & One Hour Personal Training Session, Courtesy of Boston Sports Club

Gym Bag, Courtesy of Fidelity Investments

Complimentary 55 Minute Massage, Courtesy of Elements Massage

White Strips Kit, Courtesy of Delta Dental

Fitbit Flex, Courtesy of NFP

Yoga Kit, Courtesy of Cigna

Gift Basket, Courtesy of Professional Advantage Mortgage Group

Computer Mini-Mouse, Courtesy of Crosby Benefits

$25 Visa Gift Card, Courtesy of Wells Fargo

$100 Gift Basket, Courtesy of Verizon Wireless

6 Boxing Sessions, Courtesy of The Club by George Foreman III

Customized Cooking Demo for You and Friends, Courtesy of Whole Foods

$25 Gift Card to the 99 Restaurant, Courtesy of USI Insurance

Picnic/Beach Blanket, Courtesy of Newton-Wellesley Hospital

Water Bottle, Courtesy of TIAA-CREF

One-on-One Yoga Session, Courtesy of Savsani

$100 Whole Foods Gift Card, Courtesy of Eastern Bank

3 Ride Pass, Courtesy of Spynergy

Pet Store Gift Card & Water Bottle, Courtesy of PetPlan

Book: Girls Sweat! Life Lessons Through Running, Courtesy of Power Pack Presentations

$25 Amazon Gift Card, Courtesy of KGA

One Hour Phone Consultation on Healthy Cooking, Courtesy of Glam Foods

One Month Unlimited Classes, Courtesy of Pure Barre, Wellesley

Brother P-Touch Labeler, Courtesy of Space to Breathe