

# SASI 3<sup>rd</sup> Annual Wellness Expo

March 28, 2014



# *SASI 3rd Annual Wellness Expo*

The Annual Wellness Expo, sponsored by SASI, is back for its third year in a row on March 28, from 1-5 p.m. at the Recreation and Wellness Center, Multi-Purpose room 245.

Maintaining a healthy mind and body is important. Our guest speakers will teach you how to stay healthy and provide you with information you need to know.

You are not required to attend all the sessions. Feel free to choose the session(s) you wish to attend. For those of you that wish to attend the entire program, we certainly welcome you to do so.

Please be sure you receive approval from your supervisor prior to attending the expo.

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## Agenda:

- ▶ 1:00 - 1:05 p.m. Welcome from Ms. Carolyn Standner, Sr. Administrative Assistant to the Vice President, SDES
- ▶ 1:05 - 1:10 p.m. Remarks from Dr. Maribeth Ehasz, Vice President for SDES
- ▶ 1:10 - 1:50 p.m. “Healthy Aging”, Dr. Mary Schmidt-Owens, UCF Health Services
- ▶ 2:00 - 2:50 p.m. Dr. David Jaffe, Jaffe Chiropractic & Wellness, Chiropractic Physician
- ▶ 3:00 - 4 p.m. Activities at Your Desk, Ms. Kathryn Valley, RWC
- ▶ 4:05 - 4:50 p.m. Dance of the Ages, Ms. Chelsea Gruber, RWC

















