

Live Healthy & Thrive Program Itinerary **Saturday, June 26, 2010**

Comcast Cooking Stage

- 12:00 PM Kevin Mitchell, Culinary Institute of Charleston/Matthew Raiford, Heritage Links
- 1:00 PM Jameka Pessoa, Finalist, The Next Food Network Star; Executive Chef, Life of the Party
- 2:00 PM Marvin Woods, Celebrity Chef & Holly Firfer, TV Host, will conduct a Cooking Demonstration
- 3:00 PM An intimate session with Jim Germanakos; NBC TV's "Biggest Loser," At-Home Winner, Season 4
- 4:00 PM Rian Macdonald, Chef Instructor, Le Cordon Bleu College Atlanta, cooking demonstration
- 5:00 PM An intimate session with Michelle Aguilar; NBC TV's "Biggest Loser," Finalist/Winner, Season 6
- 6:00 PM Executive Chef Dwayne Hairston, Custom Creations, cooking demonstration

Multi Purpose Stage

- 11:00 AM Jane Howe, Certified Executive Coach, Coach Atlanta will host a workshop entitled, "One Word Can Transform Your Life."
- 12:00 PM Featured Panel Discussion on the State of Healthcare in the U.S." featuring: Dr. Randall Wright, Board Fellow; American Heart Association; Medical Director, St. Luke's Episcopal Hospital, Dr. Sandra Ford, District Health Director, DeKalb County Board of Health, Dr. Hany Atallah, M.D. Asst. Medical Director, Grady Health System and Asst. Professor, Emory University
- 1:00 PM Andrea Riggs, TV Host & CEO; Get Body Beautiful, will conduct a fitness class
- 2:00 PM Women's Health Workshop featuring Medical Experts from Life University
- 3:00 PM Tanya Stewart, CEO, The Stewart Law Firm and The Work Well, will host a workshop entitled, "Stress Management: Getting Ahead In Tough Times!"
- 4:00 PM Youth Summit, Issuing Facing Today's Youth featuring Dr. Alduan Tarrt and Dr. Shai Hall
- 5:00 PM Triniti Williams, Dance Instructor, Gotta Dance Atlanta, will conduct a Hip Hop Dance Class

VIP Kids Korner

- 12:00 PM Executive Chef David Ross, Chef Instructor, Le Cordon Bleu College will teach kids how to make "Frozen Fruits Fantasy."
- 1:00 PM Jeffrey Adams, Owner Detox Group Fitness, will teach a kids fitness class
- 2:00 PM Executive Chef Rian Macdonald, Chef Instructor, Le Cordon Bleu College will conduct a cooking demonstration featuring healthy and nutritional "kid favorite foods."
- 3:00 PM The Live Healthy & Thrive Expo Kids Crew will conduct an Arts-N-Craft session for kids
- 4:00 PM Celebrity Chef Marvin Woods will conduct a cooking demonstration featuring healthy snacks.

VIP Adult Area sponsored by The Coca Cola Company

- 10:00 AM – Experience delicious and delectable cuisine from various local restaurants and Five Star Caterers.
- 7:00 PM Enjoy thirst quenching beverages provided by The Coca Cola Company.
Bonus feature: Register to win a "Gift Basket" with exciting prizes valued at over \$750.00

Live Healthy & Thrive Program Itinerary **Sunday, June 27, 2010**

Comcast Cooking Stage

- 12:00 PM Kevin Mitchell, Culinary Institute of Charleston/Matthew Raiford, Heritage Links
1:00 PM Lisa Muzi, Miss Georgia, USA and Wellness Centers of America Ambassador and
Andrea Kinch, Miss Black Georgia, Barbizon Georgia
2:00 PM Marvin Woods, Celebrity Chef and Host Holly Firfer, TV Host, will conduct a cooking
demonstration
3:00 PM Executive Chef, Dwayne Hairston, Custom Creations
4:00 PM Executive Chef, Rian Macdonald, Chef Instructor, Le Cordon Bleu College

Multi-Purpose Stage

- 11:00 PM Andrea Riggs, TV Host & CEO; Get Body Beautiful – will conduct a fitness class.
12:00 PM Featured Panel Discussion on the State of Healthcare in the U.S.” Featuring: Dr. Randall Wright,
Board Fellow, American Heart Association; Medical Director, St. Luke’s Episcopal Hospital;
Dr. Sandra Ford, District Health Director, DeKalb County Board of Health; Dr. Hany Atallah, M.D.
Asst. Medical Director, Grady Health System and Asst. Professor, Emory University

2:00 PM Kevin Mitchell, Culinary Institute of Charleston/Matthew Raiford, Heritage Links will conduct a
cooking demonstration
3:00 PM Men’s Health Workshop featuring: Dr. Ralph Davis, Dean of Clinics; Life University and Jevon
Gibson, Director, Division of Public Health, Georgia Dept. of Human Resources
4:00 PM Financial Wellness Workshop featuring: Sandra P. Edwards, Vice President & Certified Financial
Planner, Merrill Lynch and James Weinberg, Certified Financial Planner
5:00 PM Quincy Lamar, Dance Instructor, Gotta Dance Atlanta, will conduct a high impact dance class.

VIP Kids Korner

- 12:00 PM Jeffrey Adams, Owner, Detox Group Fitness will teach a kids fitness class.
1:00 PM Executive Chef David Ross, Chef Instructor, Le Cordon Bleu College will teach kids how to make
“Frozen Fruits Fantasy.”
2:00 PM Executive Chef Rian Macdonald, Chef Instructor, Le Cordon Bleu College will conduct a cooking
demonstration featuring healthy and nutritional “kid favorite foods.”
3:00 PM Live Healthy & Thrive Kids Crew will conduct an Arts-n-Craft session for kids
4:00 PM Celebrity Chef Marvin Woods, will conduct a cooking demonstration featuring healthy snacks.

VIP Adult Area sponsored by The Coca Cola Company

- 10:00 AM – Experience delicious and delectable cuisine from various local restaurants and Five Star Caterers.
7:00 PM Enjoy thirst quenching beverages provided by The Coca Cola Company.
Bonus feature: Register to win a “Gift Basket” with exciting prizes valued at over \$750.00