



**CPS Heartbeats'
Employee Wellness Fair
September 2, 2010
Jolliff Middle School**



Morning Session

9:00 am — 11:30 am

Speakers: Ed & Heba — Auditorium

9:30 — 10:30

Speaker: A1c Champions — Staff Dining Room

10:30 — 11:30

Fitness Demonstrations — Gymnasium

Zumba — 9:00 — 9:30

12 Minutes to Fitness — 10:45—11:30

Vendors available 9:00 — 11:30

Lunches available for purchase 11:30 am — 1:00 pm

Afternoon Session

12:30 pm — 3:00 pm

Speakers: Ed & Heba—Auditorium

1:00 — 2:00

Speaker: A1c Champions — Staff Dining Room

2:00 — 3:00

Fitness Demonstrations — Gymnasium

Zumba — 12:30 — 1:00

12 Minute to Fitness — 2:15—3:00

Vendors available 12:30 — 3:00

