

# TODAY'S AGENDA

TIME	PLACE	WHAT'S HAPPENING
9:15 AM		<b>ARRIVAL AND REGISTRATION</b>
10:00 - 10:45 AM	SANCTUARY (ROOM 102)	<b>WELCOME AND KICKOFF</b> Pro Football Hall of Famer Darrell Green shares his journey to a plant-based lifestyle and the impact it's had on his health
10:45 - 11:00	ENTRANCE ONE HALLWAY	Darrell Green Photo Op!
11:15 - 11:45	BASEMENT (ROOM 401)	<b>INSPIRING TODAY'S YOUTH</b> Darrell Green Meets with Middle & High School Students
11:15 AM - 12:15 PM	SANCTUARY (ROOM 102)	<b>MEDICAL PANEL with Q&amp;A HEART HEALTH</b> Paula Kukulich, Family Nurse Practitioner, Leesburg Sterling Family Practice  <b>WHAT'S NEW IN CANCER PREVENTION &amp; TREATMENT</b> Elizabeth Hatcher, Nurse Practitioner, Saville Cancer Center, Inova Health  <b>MENTAL HEALTH AND WELL-BEING</b> Melod Teymorian, Peer Recovery Coordinator, Inova Health
10:00 AM - 3:00 PM	FELLOWSHIP HALL (ROOM 201) & ENTRANCE TWO HALLWAY	<b>EXHIBITS OPEN</b> Explore the exhibits featuring a diverse range of health, wellness, and fitness experts. Discover valuable insights, resources, and tips to enhance your well-being!
10:00 AM - 3:00 PM	ROOMS: 303, 304, 307, 308	<b>HEALTH ASSESSMENTS AVAILABLE</b> Blood pressure, vision, and hearing screenings
12:00 - 3:00 PM	FRONT OF BUILDING	<b>FOOD VENDORS</b> Crepes to order! Pressed juice, coffee and water
<b>MINI WORKSHOPS AND SESSIONS</b>		
12:15 - 12:45 PM 1:00 - 1:30 PM 1:45 - 2:15 PM	RYAN CHAPEL (ROOM 104)	<b>NOURISH YOUR BODY WITH HEALTHY EATING</b> Join us for a bite-sized session on healthy eating! Discover simple tips to fuel your body with nutritious goodness. With Cheryl Moxley, RD
12:15 - 12:45 PM 1:00 - 1:30 PM 1:45 - 2:15 PM	SANCTUARY (ROOM 102)	<b>MANAGING STRESS &amp; NURTURING MENTAL HEALTH</b> Take a breather and join us for a mini session on mental health and stress management. Learn practical strategies to help you navigate each day. With Jenny Greenleaf, Corporate Dir. of Learning & Development Salamander Collection
12:15 - 12:45 PM 1:00 - 1:30 PM 1:45 - 2:15 PM	DISCIPLESHIP ROOM (ROOM 202)	<b>DISCOVER YOUR INNER PEACE - A YOGA SAMPLER FOR EVERYONE</b> Immerse yourself in gentle stretches and calming breathwork. Whether you're a beginner or an experienced yogi, this session is perfect for finding tranquility. With Nancy McGovern, Certified Yoga Instructor & Yoga Therapist, Corner of the Sky
12:15 - 12:45 PM 1:00 - 1:30 PM 1:45 - 2:15 PM	BASEMENT (ROOM 401)	<b>FITSTART - DISCOVER YOUR PATH TO FITNESS</b> You won't want to miss this fitness session for all ages. We'll start with easy exercises to get you moving and feeling great. It's a judgment-free zone to learn the basics and boost your confidence. With Brooke Pascarella, Trainer, Sarge's Fitness Concepts