Develop YOU
Taking care of your WHOLE self

10:00 am  Event Kickoff with Dr. Marrero
10:15 am  Tanner Health System, Dr. Dia Smiley, DO
11:00 am  UWG University Recreation (UREC)

11:45 am  Roadmap for Afternoon Activities
12:00 pm  LUNCH
12:00 pm  DEVELOPING the whole YOU Activities

Activity Stations

1st Floor
Ballroom Level
- Watercolor Painting
- Climbing Wall
- Game Room
- Nutrition
- HealthTrails
- Ombuds Office

2nd Floor
Gym Level
- Stress balls
- Coloring
- Volleyball and Basketball
- Tours of UREC
- Blood pressure
- Fitness Orientations
- Meditation and Yoga

3rd Floor
Track Level
- Big Wheels/EZYRoller
- Walking
- Functional Fitness
- Personal Trainers

enjoy your day!