Welcome
TO THE 2018 WELLNESS & SAFETY EXPO
AUGUST 1, 2018  9AM - 3PM
JIM GRAHAM BUILDING, NORTH CAROLINA STATE FAIRGROUNDS

This program will provide you with all the information you need to make the most of your time at this year’s Expo! The Main Stage Agenda is below and the center pages include a diagram of vendor locations.

Have a question? Find a volunteer in an Expo T-shirt for help!

MAIN STAGE AGENDA

9:00 a.m.  Expo Opening and Welcome Program
N.C. Office of State Human Resources

9:30 a.m.  Zumba with MDC Moves
Sponsored by N.C. Department of Health and Human Services,
Murdoch Developmental Center Wellness Program

10:00 a.m.  Cooking Healthy with Chef Doreen Colondres
Sponsored by Novo Nordisk

11:00 a.m.  Flavored by Spices with Antoinette Ware Martin
Sponsored by Raleigh Seventh-Day Adventist Health Ministries

11:30 a.m.  Line Dancing with Stani Sims
Sponsored by N.C. Department of Health and Human Services Wellness Council

12:00 p.m.  Cooking Demo with Kim Campbell
Sponsored by PlanPure Nation

12:30 p.m.  Hot Car Demo
Sponsored by Safe Kids North Carolina, N.C. Department of Insurance

1:00 p.m.  Cooking Demo with Molly Devine, RD, LDN
Sponsored by LifeStyle Medical Center

2:00 p.m.  Cooking Healthy with Chef Dorren Colondres
Sponsored by Novo Nordisk

3:00 p.m.  2018 Wellness & Safety Expo Closing
2018 Gold Sponsors

Special thanks to Novo Nordisk for their exceptional support and to the N.C. Department of Agriculture and Consumer Services for providing use of the Jim Graham Building.

Allstate Benefits
Associated Urologists of North Carolina, PA
Bariatric Specialists of North Carolina
Correction Enterprises Optical
EyeMed Vision Care
Identity Guard with Watson
IDShield
JoesHelpLine and the Palombo & Friends Foundation, Inc.
MAS Medical Center
MetLife
Nationwide Pet Insurance
N.C. 401(k) & 457 Total Retirement Plans
N.C. Department of Public Safety / Correction Enterprises
NCFlex Benefits
PNC Bank
Sprint
Triangle Family Dentistry
Voya
Wells Orthodontics
WeSave North Carolina - State Employee Discount Program

Program Highlights

Have old medications (prescription or over-the-counter) in need of disposal?
Visit Booth E11.

Ever had to use a fire extinguisher?
Visit Space 107 to learn how to use one at home.

Got 15 minutes for a mammogram? Visit booth B5.

Is it ever safe to drive after drinking?
Find out in Safety City, Area AF21-30.

Learn how you can better control your diabetes.
Visit Diabetes Academy at space 102.