



Health & Fitness Expo 2016

Promoting Healthy Living March 12, 2016 Lawns of Jamaica Pegasus

TIME	LOCATION	TOPIC	PRESENTER
11:30 AM	Legacy Suite	<p>A Healthy Lifestyle Approach to Fight Cancer..... Ah serious Somting!!!</p> <p>Shullian Brown Fund raising/PR Officer Jamaica Cancer Society</p>	
12:00 PM	Legacy Suite	<p>Know Nutritional Balance - Know Sports Success</p> <p>Celia Innerarity Jamaica Island Nutrition Network</p>	
1:00 PM	Legacy Suite	<p>Personal Break Throughs</p> <p>Natalie Murray Health Coach Spinning® Instructor www.Natalie-Murray.com</p>	
1:30 PM	Legacy Suite	<p>Body Transformation</p> <p>Samantha Body By Sam</p>	

2:30 PM	Legacy Suite	Physiotherapy and the Urban Runner Sheldon Bateman Physical Therapist Advantage Physical Therapy and Rehabilitation Ltd.	
4:00 PM	Legacy Suite	Effects of a Healthy Lifestyle on Your Heart Heart Foundation	

TIME	LOCATION	TOPIC	PRESENTER
12:30 PM	Main Stage	Wellness and Health Dwayne Walkers Instructor/Bodybuilder/Personal Trainer	
1:30 PM	Legacy Suite	Give Aways Fitness Challenge Courts JA Ltd.	
2:00 PM	Main Stage	Aerobic Session Steve Ming Chief Instructor Spartan Health Club	

3:00 PM	Main Stage	Aerobics /Dance Fitness Paul Henry / Malene Carr-Mullings Instructors Train Fit Club	
3:30 PM	Main Stage	Soca Dance Class Samantha Body By Sam	
4:00 PM	Main Stage	YOGA AFYA Yoga, Pilates & Dance Studio Sonita Morin Abrahams Owner/teacher	