



Health Fair Presentation Schedule 2024

Wednesday, November 20, 2024



Registration/Information tables & Chair Massages – *Lobby*

Flu shots and Health Fair Exhibits – *Edmund Fitzgerald Hall - 8:00 am – 3:00pm*

Fitness Assessments – *Gooseberry 3 - 8:00am – 12:00pm*

10:00a.m. The Power of Breathwork: Enhance Your Wellbeing – Split Rock 2
Annita Winkels, Physical Therapist, In Motion Therapy

11:00a.m. Bike Maintenance Basics Clinic – Split Rock 2
Matt Andrews, Parks & Rec Trail Maintenance Coordinator

12:00p.m. YOGA – Gooseberry 2
Marcia Rienhardt, Yoga Instructor

12:00p.m. – 2:30p.m. Chair Massages – Lobby
Lake Superior College Students

****THANK YOU TO ALL OF OUR PRESENTERS, COLLEGE OF ST. SCHOLASTICA & LSC STUDENTS AND FACULTY, VOLUNTEERS AND EXHIBITORS!****