



FAMILY HEALTH DAY

APRIL 11, 2015



SCHEDULE

- 8:00 a.m. **Move Tallahassee Walk**
- 9:00 a.m. **Story time**
by State Surgeon General and Secretary of Health with special guest SunnyBell the cow
- 9:30 a.m. **Dance Party**
with SafariMan
- 10:20 a.m. **Family Fitness and Food Demonstrations**

Participate in a family-friendly, heart-happy, well-being, activity-filled day. From aerobics in the courtyard to activities in the chambers, we celebrate health! For complete activity schedule, visit www.flhistoriccapitol.gov.

Fitness Demonstrations by

- Badass Fitness
- Deanna Barath
- Dancing Little Stars
- Ashley Laing Jernigan
- KAOS
- Killlearn Performing Arts
- Orangetheory Fitness
- Queen of Hearts
- Stretching Your Life
- Sweat Therapy Fitness
- Taoist Tai Chi Society
- Train. Fight. Win.
- Brandy La'Sha Anderson White
- YMCA

Food Demonstrations by

- The Florida Chef Justin Timineri (The Florida Department of Agriculture and Consumer Services)
- The Kitchen Goddess
- New Leaf Market

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