



**UHD/RPCF Community Healthy Lifestyle Fair  
Event Program  
September 9 2023**

**Host: Kino Williams  
DJ: GET LOOSE**

<b>Time</b>	<b>Presentations and Speakers</b>
10-10:30am	No speaker
10:30-11am	Opening Remarks and Kick Off Teresa Y. Smith, MD, MEd, FACEP Chair, Department of Emergency Medicine Designated Institutional Officer
11-11:30am	“Getting Started with Lifestyle Medicine: The Path to a Long and Healthy Life.” Dr. Richard Rosenfeld Distinguished and Past Chairman of Otolaryngology
11:30-12noon	Autism Awareness ( <b>Being Recorded in Hospital Lobby</b> ) Dr. Harris Huberman Director, Division of Child Development
12-12:30pm	Proper Backpack wearing OT Students
12:30-1pm	“How a Clean, Anti-Inflammatory Diet can Optimize Your Health,” Dr. Richard Rosenfeld Distinguished and Past Chairman of Otolaryngology
1-1:30pm	Announcement of Awards and Recognitions Government Officials UHD Officials
1:30-2pm	YOGA and Exercise TOMMY THE EXPERIENCE
2-2:30pm	Fall Prevention PT Students
2:30-3pm	Proper Blood Pressure Monitoring Arthur Ashe Institute
3-3:30pm	Main Prize Raffle Announcement Natalie Mendez, MA
3:30-4pm	Closing Remarks Kino Williams, MS Juliet Arthur, MHA RPCF Executive Board Members

- Raffles and giveaways will take place throughout the day