



Harvey B. Gantt Center
for African-American Arts+Culture

ART OF LIVING FIT+WELL SCHEDULE August 6, 2016 10:00am-3:00pm

10:00am - 10:30am

African Dance Preview Demo

10:00 -10:02a

Grand Lobby—2nd Floor

Tammie Johnson - African Dancing Class

Join in and learn African dance movements to keep you fit while having fun.

Performance Suite—2nd Floor

Elisha Minter - Storyteller "Story Calmers with an Artistic Mix"

Enjoy stories that calm for stress relief with music while creating a self-inspired art board

Classroom—2nd Floor

Kids Zone – Arts & Crafts

Mezzanine—3rd Floor

10:45am - 11:15am

Celebrity Medical Experts- Dr. Karla Robinson & Dr. Robert Robinson

Featured on the Tom Joyner Morning Show

Book Signing (1:30pm - 2:30pm)

Performance Suite—2nd Floor

11:00 - 11:25

Fitness Fun Dances & Games with Mirna Session 1

Mezzanine—3rd Floor

11:20 - 11:25

Black Girls Jump

Double Dutch

Grand Lobby—2nd Floor



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ART OF LIVING FIT+WELL SCHEDULE August 6, 2016 10:00am-3:00pm

11:30am - 12:00pm

Tamara "Coach Tam" Jackson -Weight & Fitness Expert & Author -Featured on the Dr. OZ Show.
Celebrity Tell-100lb Weight Loss Success Story
Book Signing (12pm-1pm) *265 Point - Chafe Your Mind. Change Your Body. Change Your Life.*
Performance Suite—2nd Floor

City of Charlotte - City Solid Waste Services
Healthy Communities Workshop & Vegan Food Demo
Classroom—2nd Floor

Fitness Fun Dances & Games with Mirna Session 2
Mezzanine—3rd Floor

12:00pm- 12:10pm

Richard Campbell Preview Demo
Drummer/Singer/Storyteller
Grand Lobby—2nd Floor

Novant Health, Inc. -"Remarkable You" Testimonial
Grand Lobby—2nd Floor

12:15pm - 12:45pm

Richard Campbell - Drummer/Singer/Storyteller
"Rhythms of Health" Learn to listen to your body thru the rhythm of the drums and melody of song. What is your body rhythm saying to you?
Performance Suite—2nd Floor

Fitness Fun Dances & Games with Mirna Session 3
Mezzanine—3rd Floor



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ART OF LIVING FIT+WELL SCHEDULE August 6, 2016 10:00am-3:00pm

1:00pm - 1:30pm

Dr. F. Roosevelt "Rosey" Gilliam III, MD, FACP, FACC, FHRS
UNC Center for Heart & Vascular Care - Chapel Hill - Cardiologist - Celebrity Guest Speaker
"Your Heart...It's the Beat of Life" Empower your heart with heart healthy actions. Learn approaches as it relates to African Americans. Got Questions? Come Get Answers!
Performance Suite—2nd Floor

City of Charlotte - City Solid Waste Services
Healthy Communities Workshop & Vegan Food Demo
Classroom—2nd Floor

1:30pm-1:40pm

Purple Charlotte Steppers Club Preview Demo
Novant Health, Inc.-"Remarkable You" Testimonial
Grand Lobby—2nd Floor

Fitness Fun Dances & Games with Mirna Session 4
Mezzanine—3rd Floor

1:45pm - 2:15pm

Purple Charlotte Steppers Club - "Steppin Into Health"
Enjoy Steppin' while gaining the healthy living benefits of social dance.
Performance Suite—2nd Floor

2:15pm-2:30pm

Nyla Martin - (7 year old) Storyteller
Healthy eating story for kids
Grand Lobby—2nd Floor

Black Girls Jump
Double Dutch
Grand Lobby—2nd Floor

Kids Zone – Arts & Crafts
Mezzanine—3rd Floor



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ART OF LIVING FIT+WELL SCHEDULE **August 6, 2016 10:00am-3:00pm**

2:30pm - 3:00pm

Cynthia Howard, RN

Laughter Workshop: "Laughter is Medicine for the Mind, Body & Spirit"

Experience the fun of laughing while learning the healthy benefits for the mind, body and spirit.

Performance Suite—2nd Floor

City of Charlotte - City Solid Waste Services

Healthy Communities Workshop & Vegan Food Demo

Classroom—2nd Floor

Kids Zone – Arts & Crafts

Mezzanine—3rd Floor

Exhibitor Tables

10:00am – 3:00pm

Grand Lobby—2nd Floor

BlueCross BlueShield North Carolina

Black Girls Jump

CW Williams Community Health Center

Joe Collins, JHC Sounds Productions

Lifeskills Counseling & Consulting Group

Novant Health, Inc.

Rite-Aid Flu Clinic

Urban House Call Media Group