



*Yankton!*  
WHAT A  
DISCOVERY

## KICK OFF EVENT- AVERA SACRED HEART PAVILION

**MONDAY, JANUARY 4<sup>TH</sup>, 2016 - 4:30 p.m. - 7:00 p.m.**

Please enter through the Avera Sacred Heart Pavilion entrance at 409 Summit St.

Register for door prizes and a Garmin VivoFit2 to be given away that evening.

### 4:30-7pm – Vendors are open - Healthy hor d'oeuvres will be available

- Ace Bike & Fitness
- American Cancer Society
- Anytime Fitness
- Avera Sports Coach Rozy
- Avera Sacred Heart Laboratory
- Avera Sacred Heart Massage Therapy
- Avera Sacred Heart Nutrition Services
- Avera Sacred Heart Wellness Center
- Bogatz Water Conditioning
- City of Yankton - Seed Library
- Embroidery & Screen Works, Inc.
- First Chiropractic Center
- Fitness 365
- Great Plains Therapy
- Hagemann Enterprises, Inc.
- HeartPrint Home Care
- Hy-Vee
- Le-Vel
- Lewis and Clark Specialty Hospital
- Modern Woodmen
- Mount Marty College
- NFAA Easton Yankton Archery Complex
- Royal Sports Shop
- Summit Activities Center
- Thrive Inflammation & Cognitive Performance
- Weston A. Price Foundation
- Yankton Daily Press and Dakotan
- Yankton Area Chamber of Commerce
- Young Living

### 4:30-7pm – Avera Inspiration Room Open in Conference Room 3

- Blood Pressure Checks
- Height/Weight/BMI
- Body Composition Measurements
- 4:30-6pm – Avera Inspiration photos (the “before” your big transformation pictures) photos available for pick up at 7pm.
- And more free inspiration!

### 5-5:30pm – Audra Johnson Janke, BS, ACSM EP-C, CHWC- Amphitheater

Audra is a Wellness Educator at Sanford Wellness in Sioux Falls, SD. Renaissance wonder woman, wife, mum to both kids and canines. Lifter of heavy things, both in the gym and on the mind. Wellcoach Certified Health and Wellness Coach with a special focus on psychological aspects of Wellness including balance and habit change.

### 5:30-5:45pm – Zumba with Kenny in Conference Rooms 1 & 2

### 6-6:30pm – Coach Rozy, M.Ed, CSCS, \*D, NSCA-CPT, FNSCA, - Amphitheater

Mark is Owner and CEO of COACH ROZY, LLC, his company that does performance speaking and writing. He is also Co-Founder of LIVE PAIN FREE, which works with groups, teams and corporations to help their staff and employees achieve peak levels of health, wellness and performance. Coach Rozy also partners with Avera Sports to provide local athletic performance enhancement programs for youth and adults.

### 6:30-6:45 – Coach Rozy workout in Conference Rooms 1 & 2

Questions?? Contact the Yankton Area Chamber of Commerce (605) 665-3636