**Fresh Wagon Family, Fitness and Fun Day Run of Show**

**Date**: October 14th, 2017

**Location**: Northwest Activities Center 18100 Meyers Rd, Detroit, MI 48235

**Day of point of contact**: Nicole Simmons – 404-447-6177

**Timing:**

7:30am – DDOT Staff/Volunteer Arrivals

8:00am – Vendor/Program Partner Arrivals and Setup

8:30am – 9:00am – Participant arrivals

9:00am – 9:15am – Welcome - Nicole Simmons/Dr. Paul

9:15am – 9:50am – Kickoff Fitness Sessions/Vendor Tables:

* Karate Korner – Caleb Moss, 2 medical students
* UHC Fitness Station – Jessica Byrd, mascot, 2 medical students
* Doctor Table - Dr. Paul & Medical students
* YMCA - Tricia Hamzik
* Michigan Health Council – Melanie Brim, Brandess Wallace
* Eastern Market – Patrice Brown
* Michigan State Health Screenings - Kevin Killian
* DDOT Table – Sharon Mayweathers, Mikki Taylor-Hendrix, Nicole Simmons
* Beyond Juice – TBD

9:55am – Wrap up stations and prepare to walk to bus stop/ Those that are not riding bus to Eastern Market can wrap up to depart

10:00am – Board Fresh Wagon

10:00am – 10:20am – Ride to Eastern Market/Dr. Paul and team informally talk through health and nutrition tips

10:20am – Arrive at Eastern Market

10:30am – 12:00pm – Eastern Market Scavenger Hunt

* Participants will break into 5 groups for scavenger hunt. Each group will consist of 1 DDOT employee and 1-2 medical students. Once scavenger hunt is complete participants can shop market until time to board bus.

12:30pm – Board bus back to Northwest Activities Center