

2019 NBC4 Telemundo 44 Health & Fitness Expo

Saturday, Jan. 12 from 9 a.m. until 5 p.m.

Sunday, Jan. 13 from 9 a.m. to 4 p.m.

Washington Convention Center

Hall B and C at the Walter E

| | Saturday, Jan. 12 | Sunday, Jan. 13 |
|-------------------|--|--|
| Main Stage | 10:30 a.m. - Today Show and Guide Dog Foundation's Puppy With a Purpose Noon - What's Up With Weather? With Storm Team4 Meteorologists 2 p.m. - Opioid Epidemic 3:30 p.m. - Stop the Bleed - You Can Save a Life! Learn how to create tourniquets | 10:30 a.m. - Keep Your Brain Healthy 12:30 p.m. - What I've Learned About Life from American Ninja Warrior 1 p.m. - The Voice Hometown Heroes 2 p.m. The NFL in the Community |
| Workout | 11 a.m. - Hit the Barre with Mizani Fitness 12:30 p.m. - Can We Mix It Up? Mlx It Up Dance Fitness 2 p.m. Crankin' @ DA-GOGO Dance Fitness 3 p.m. BlackOut Boxing | 10:30 a.m. - KaribFIT Afro-Caribbean Dance and Fitness 11:30 a.m. - CoreBlast 1 p.m. TODAY Wellness 2:30 p.m. Body Attack |
| Dance | 10 a.m. - Tap Dancing to Good Health 11:30 a.m. - High Energy Seniors 1:30 p.m. - Traditional Mexican Dances 3 p.m. - Hand Dance, Cha Cha and Bop | 10 a.m. - Unleash Your Inner Bollywood Rockstar Noon - Huaylarsh 1 p.m. - Dancing to R&B and Soul 3 p.m. - Line Dancing for Your Health |
| Cooking | 10 a.m. - Healthy One Pot Cooking 11 a.m. - Pan Seared Chicken With Asian Greens and Roasted Mushrooms 3 p.m. - Blackened Chick and Red Kale Bowls | 10 a.m. - Jumpstart Your Weight Loss With Green Smoothies Noon - Telemundo Presents: Pasta Lab with Chef Luigi Diotaiuti 2 p.m. - Easy Asian Stir Fry 1, 2, 3! |
| Kids | 10 a.m. - DC Retro Jumpers Double Dutch 4 Fun 2 p.m. Back-N-Stride Hula Hoops 3 p.m. - Kids Yoga | 11 a.m. - Let's Play America Activities 12:30 p.m. Parks as Health Places |

Check out **screening and educational booths** from various organizations in the DMV area.

Please visit the NBC Washington website link here to learn more:

<https://www.nbcwashington.com/news/local/What-to-Expect-at-the-2019-NBC4-Telemundo-44-Health--Fitness-Expo-503616931.html>

