The Wild Wild West of Quantified Healthcare: A Think Tank Meeting and Conference on mHealth Integration for Exercise is Medicine® (EIM)

December 5, 2016
Open Conference (8:00 a.m. – 6:00 p.m.)

Location:
Emory Conference Center Hotel

December 6, 2016
Think Tank (Invitation Only)
(8:00 a.m. – 3:00 pm)

Location:
Claudia Nance Rollins Building
8th floor, Klamon Room
Rollins School of Public Health
Emory University, Atlanta, GA

Counseling and clinical interventions

Apps/WAMs  Digital Ecosystem Software Platform  Clinical Research Center  EMR  Healthcare Team

3rd party software basic data visualization
The Wild Wild West of Quantified Healthcare: A Conference and Think Tank Meeting on mHealth Integration for Exercise is Medicine®
5-6 December 2016 • Emory Conference Center and School of Public Health • Atlanta

**Program Contents**
- General Information and Maps
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- Speaker Biographies

**Acknowledgements**
Funding for this event was provided by the Emory Conference Center Subvention Fund, the American College of Sports Medicine (ACSM) and the Exercise is Medicine Global Research and Collaboration (EIMGRCC). We would like to recognize and thank our collaborators and meeting sponsors for their generous support and contributions to the production of this event.

**Core Planning Committee**
Emory University
- Felipe Lobelo
- Olivia Manders
- Rachel Swart

ACSM
- Adrian Hutber
- Rachel McLaughlin
- Paul Giese
- Nathan Boudreaux
- Jennifer Pesarchick
- Dawn Hamilton
- David Brewer

**Conference Implementation**
Emory University
- Moriah Bellissimo
- Karla Galaviz
- Danielle Scheinman
- Clarissa Myers
- Eric Hyde
- Zahra Alahmed
- Michael Garber
- Ashley Rizzieri
- Eman Almaghaslal
- Linda Brockman

Georgia Tech
- Kevin Lanza

**Meeting Industry Sponsors**

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[Logos of sponsors: STEPS COUNT, Tecnogym, The Wellness Company, Quantexual, SoHookd]
GENERAL INFORMATION

Media contact:
Melva Robertson
Rollins School of Public Health, Emory University
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+1-404-727-5692

For updates, following along with conference sessions and additional commentary:
Facebook: Exercise is Medicine
Twitter: @EIMnews
@EIMGRCC
Retweet: #EIM
#EIMITchTT

Meeting Follow-up:
Peer-reviewed and white paper reports from Conference and Think tank conclusions. Please check the EIM website (www.exerciseismedicine.org) and social media

Open Conference December 5
The Emory Conference Center and Hotel
1615 Clifton Road NE • Atlanta, GA 30329
(404) 712-6000

Think Thank Meeting (Invitation Only) December 6th
Claudia Nance Rollins Building • 8th floor
The Lawrence P. and Ann Estes Klamon Room
Rollins School of Public Health • Emory University
1518 Clifton Rd • Atlanta, GA

Conference Registration
Conference registration will open at 7:00 am on December 5th in the Emory Conference Center South Wing Lobby. The registration table will be staffed at all times during conference hours.
Event Site and Conference Session Locations

- Conference sessions: South Wing, Starvine Ballroom, Emory Conference Center (ECC)
- Industry and Sponsor Exhibits: Starvine Foyer
- Monday Lunch: ECC main dining room
- Monday Afternoon Breakout Sessions: Starvine 1 & 2, Trillium Boardroom, Peachtree Creek

Meals
Buffet breakfast is included in the ECC hotel room rate. Lunch will be served in the ECC Dining Room. Unlimited break stations are located in the Starvine Foyer of the South Wing and will be served in a reserved area of the ECC Dining Room.

Name Badges
Please wear your name badge at all times during the conference. Badges are issued to the individual registered and may not be worn by others. If you lose your badge, please visit the conference registration table in the South Wing lobby.

Ground Transportation
For local ground travel, there are taxis available in front of the hotel main entrance. It is recommended to schedule taxis with the hotel concierge in advance for transportation to the airport to ensure a timely departure. Uber works reliably in Atlanta to and from the airport.

Parking
For the Conference on December 5th guests registered at the Emory Conference Center Hotel have free parking. Day attendees may request a parking pass at the registration table.
For the Think Tank on December 6th those driving to the Rollins School of Public Health please use the Visitor parking garage on Rollins Way and request a parking pass at the Think tank registration table. See map for locations of parking garages.

Nearby Walking/Running paths
At the end of the program please find routes and directions for two nearby paths: The Han Woods hiking Trail and the Lullwater reserve at Emory.

About the organizers
In 2007, the American Medical Association (AMA) and the American College of Sports Medicine (ACSM) co-launched Exercise is Medicine (EIM) a health initiative to make the scientifically proven benefits of physical activity the standard in the U.S. healthcare system. The EIM initiative has helped build local networks to support the systematic integration of physical activity as a vital sign and a routine component of health care system’s implementation of population health management and the prevention and treatment of chronic diseases in the US and globally in more than 40 countries via the “EIM Solution”: a clinical-community linkage for physical activity integrated care.

Large-scale implementation of the EIM Solution across different populations, settings and health care systems is a complex process. Accordingly EIM, in collaboration with Emory University Rollins School of Public Health established in 2015 the EIM Global Research and Collaboration Center, the academic hub in charge of leading the evaluation of the EIM initiative in collaboration with partnering health care systems, community organizations, fitness and technology companies. Housed within the Global Diabetes Research Center at Emory’s Hubert Department of Global Health, the EIMGRCC leverages the expertise of leading researchers at Emory University and the global network of ACSM/EIM members to achieve its overall goal of evaluating the real-life effectiveness of EIM implementation via standardized clinical-community linkages to prevent, manage and reverse the progression of chronic diseases.
The following events will take place at the Emory Conference Center:

**December 5**
- Conference Sessions
- Lunch
- Workshops
- Meeting Close

Emory Conference Center
South Wing
Emory Conference Center to Claudia Nance Rollins Building

The following events will take place at the Claudia Nance Rollins Building Klamon Room (8th floor) (1518 Clifton Rd NE):

December 6
EIM Think Tank meeting (Invitation Only)

The visitor lot is a 24 hour paid parking garage. Think Tank attendees can request parking pass validation at the registration table.

Use the pedestrian access to enter the building.
## AGENDA

**MONDAY, DECEMBER 5**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00 am</td>
<td>Registration and Continental Breakfast</td>
<td>Emory Conference Center, South Wing Lobby; Starvine Foyer</td>
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<tr>
<td>8:00 – 8:30 am</td>
<td>Introduction from Emory (Felipe Lobelo, MD PhD) and the American College of Sports Medicine (ACSM) (Adrian Hutber, PhD)</td>
<td>Making physical activity a standard of care in US and global health systems: the need for a harmonized technology framework</td>
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<tr>
<td>8:30 – 9:00 am</td>
<td>Validity of mHealth devices and applications – do we need standards?</td>
<td>Greg Welk, PhD; Department of Kinesiology, Iowa State University, USA</td>
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<tr>
<td>9:00 – 9:30 am</td>
<td>Data Integrated into Healthcare Delivery: Using Electronic Health Information to Support Physical Activity and Prevent Chronic Disease</td>
<td>Jennifer Foltz, MD PhD; Senior Medical officer; Division for Heart Disease and Stroke Prevention; Centers for Disease Control and Prevention (CDC)</td>
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<tr>
<td>9:30 – 10:00 am</td>
<td>Real-life considerations for Health Systems Integrating Patient-generated Data</td>
<td>Sheri Chernetsky Tejedor, MD; Associate Professor of Medicine and Biomedical Informatics; Emory University School of Medicine and Medical Informatics Advisor at CDC</td>
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<tr>
<td>10:00 – 10:15 am</td>
<td>Panel Q&amp;A session</td>
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<tr>
<td>10:15 – 10:45 am</td>
<td>Refreshment break; Exhibits</td>
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<tr>
<td>10:45 – 11:15 am</td>
<td>Perspective from the apps and wearable device and technology industry</td>
<td>Chris Eschbach, PhD; Co-chair of the Consumer Electronics Association (CEA) Health and Fitness standards subcommittee</td>
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<tr>
<td>11:15 – 11:45 am</td>
<td>Effectiveness of Integrating mHealth into routine clinical workflow: success stories, best practices and pitfalls</td>
<td>Seth Martin, MD, MPH; Assistant Professor of Medicine/Cardiology; Ciccarone Center for the Prevention of Heart Disease, Division of Cardiology, Johns Hopkins University School of Medicine, Baltimore, MD</td>
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<td>11:45 – 12:00 am</td>
<td>Panel Q&amp;A session</td>
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<tr>
<td>12:00 – 1:00 pm</td>
<td>Lunch</td>
<td>Location: Emory Conference Center Main Dining Room (EIM Section – Badge required)</td>
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1:00 – 1:45 pm  An Introduction and Demo of the EIM Global Research and Collaboration Center Technology Lab platform, Powered by Quantextual.co
Presentation by Pearly Dhingra, Founder & CEO Quantextual.co
Demo by Richard Ellis, Director, Quantextual.co

1:45 – 2:00 pm  Demo Questions and Power Break

2:00 – 2:30 pm  Perspective from a Health system integrating mHealth programs: technology as necessary but not sufficient for sustained behavior change
Liz Joy, MD, MPH; Medical Director, Community Health & Clinical Nutrition Intermountain Healthcare; Adjunct Professor, Family & Preventive Medicine University of Utah School of Medicine; President, American College of Sports Medicine

2:30 – 3:00 pm  Perspective from regulatory bodies and government agencies
Devi Mehta, JD, MPH; Public Health Analyst – Office of the Chief Privacy Officer, Office of the National Coordinator for Health Information Technology (ONC), U.S. Department of Health and Human Services (HHS)

3:00 – 3:15 pm  Panel Q&A session

3:15 – 3:45 pm  Refreshment break; Exhibits

3:45 – 4:00 pm  The EIM Technology Framework: Introduction to Workgroup Discussion
Felipe Lobelo, MD PhD; Associate Professor of Global Health, Emory University Rollins School of Public Health and Director Exercise is Medicine Global Research and Collaboration Center

4:00 – 5:00 pm  Working group breakout sessions: each group will have representatives from the different stakeholder groups in attendance and address the following topics:

1. Suggested activities to develop and implement standards for mHealth validity, security and provision of behavior change
   Faculty: Welk, Eschbach, Tejedor

2. Concrete steps for a multi-stakeholder collaboration to implement the suggested integration framework (EMR and analytics technology partners, health care clinicians, researchers, and regulatory/government agencies)
   Faculty: Lobelo, Foltz, Joy

3. Areas where more research and action-based evidence are needed in this field, funding and pilot testing opportunities
   Faculty: Hutber, Mehta, Martin

5:00 – 5:30 pm  Report from working group breakout sessions

5:30 – 5:45 pm  Final conclusions and next steps: Towards a system for implementing the EIM technology framework
   Moderated by Drs Lobelo (Emory) and Hutber (ACSM)

6:00 pm  Conference adjourn

Tuesday December 6, EIM Technology Think Tank Meeting (Invitation Only)

Location: Claudia Nance Rollins Building 8th floor, Klamon Room; Rollins School of Public Health; Emory University, Atlanta, GA

Meeting will start at 8 am with a working breakfast and adjourn at 3 pm.
Speaker and Exhibitor Bios

Adrian Hutber, PhD; Vice President, Exercise is Medicine®, American College of Sports Medicine. Dr. Hutber was appointed Vice President of Exercise is Medicine at the American College of Sports Medicine (ACSM) in 2008, after serving as the vice president of a fitness corporation and as the Director of the Distance Education Division of the world’s largest physical activity publisher, Human Kinetics. Exercise is Medicine (EIM) is the multi organizational, multi-national initiative co-founded by the American Medical Association and ACSM - and subsequently managed by ACSM - to integrate the scientifically proven benefits of physical activity to prevent and treat chronic disease into the world's health care systems. He has been invited to give keynotes and presentations about physical activity and chronic disease and about EIM at US and international scientific and medical conferences in more than 40 countries on six continents and has helped to establish seven EIM Regional Centers and 43 EIM National Centers, all with the goal of making physical activity assessment, prescription, and referral part of health care systems globally. Dr. Hutber has numerous publications in physiology and sports medicine scientific journals, has authored the Pre-Exercise Health Screening course (Human Kinetics, 2001) and continues to serve on the editorial board or as a reviewer for medical and scientific journals. E-mail: ahutber@acsm.org;

Felipe Lobelo, MD, PhD FAHA, Associate professor in the Hubert Department of Global Health at Emory’s Rollins School of Public Health. Dr. Lobelo’s interests are in chronic disease prevention, physical activity, obesity and cardio-metabolic diseases in high and low-to-middle income countries. He has authored more than 80 peer-reviewed scientific publications and is a member of ACSM’s Exercise is Medicine Initiative advisory board, Directing their Global Research and Collaboration Center. Dr. Lobelo has a special interest in global health and health disparities in both non-communicable and infectious diseases. From 2008 to 2010 he served as an Epidemic Intelligence Service (EIS) officer at CDC and was involved in US and international epidemiological field investigations, having an active role in CDC’s H1N1 response; investigating the outbreak abroad and serving as an official CDC media spokesperson for Hispanic/Latino populations. From 2010 to 2014, Dr Lobelo served in various roles as a Medical Epidemiologist at CDC’s National Center for Chronic Disease Prevention and Health Promotion in their Office of the Director and their Diabetes Translation and Physical Activity groups. Dr. Lobelo believes in “practicing what you preach” and strongly advocates for doctors to become healthy role models for their patients and communities. He is an avid Soccer player, a member of the US Medical Soccer Team, the US representative in the Annual “World Cup for Doctors” and locally in the Virginia-Highland Football Club. He also enjoys spending time in the outdoors with his wife, their son and their two dogs. [Meeting Organizer]. E-mail: felipelobelo@emory.edu;

Gregory J Welk, PhD Professor Department of Kinesiology at Iowa State University. Dr Welk completed his Master’s degree (MS) at the University of Iowa and his Ph.D. at Arizona State University. Dr. Welk’s research interests focus on the assessment and promotion of physical activity and fitness and the work is coordinated through the Physical Activity and Health Promotion that he manages within the Department. He has conducted numerous studies on the reliability, validity and utility of different physical activity assessment techniques but an emphasis has been on the use of accelerometry-based activity monitors. He has built established lines of research with both research grade and consumer based monitors and has linked this work to new lines of behavioral research focused on facilitated health coaching applications that incorporate feedback from monitors. He has also worked to develop and refine approaches for calibrating report-based measures against more objective data from monitors to facilitate collection of accurate physical activity data in other applications.
Jennifer Foltz, MD, MPH Senior Medical Officer at the Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention, Director of the Paul Coverdell National Acute Stroke Registry. Dr. Foltz is a medical epidemiologist and board-certified pediatrician, a Lieutenant Commander in the United States Public Health Service and active duty serving on the Rapid Deployment Force Team 4. She earned a bachelor’s degree in nutrition, obtained her medical doctorate, and completed pediatric residency, academic pediatric fellowship, and the Epidemic Intelligence Service. While practicing outpatient and inpatient pediatric medicine in Rochester, NY, she conducted child obesity prevention research and served on community-level child obesity prevention projects in schools, childcare centers, and a community coalition. Dr. Foltz’s activities focus on integrating healthcare and public health to improve obesity prevention and treatment, a CDC winnable battle. She served as the scientific collaborator for CDC’s Childhood Obesity Research Demonstration grants and also leads the Healthy Weight Electronic Health Record project, which aims to improve collection of obesity data in electronic health records and to increase support for care delivery, interoperability, and information flow to public health. The healthy weight standards and health systems level changes would allow for improved quality of care, coordination of care, and integration of obesity prevention efforts across settings.

Sheri Chernetsky Tejedor, MD, SFHM. Associate professor of medicine and biomedical informatics; Emory University School of Medicine. Dr. Chernetsky Tejedor has been a practicing hospitalist for 14 years. She received her degree in Mechanical Engineering from the Georgia Institute of Technology, went on to obtain her Medical Degree from the Johns Hopkins University and trained on the Osler internal medicine service at the Johns Hopkins Hospital. From 2010 until 2016 she served in various capacities in the Emory Healthcare and School of Medicine Information Technology Divisions, most recently as the first Emory Chief Research Information Officer and Medical Director of Analytics where she was responsible for the healthcare analytics strategy and addressing the data needs required to optimize all aspects of the academic mission including mHealth enablers. She serves as the first hospitalist and medical informaticist on the CDC’s HICPAC (Healthcare Infection Control Practice Advisory Council) and her novel work on the idle central venous catheter has been widely cited, as is included in the Choosing Wisely Campaign. She now serves as a medical informatics advisor to the CDC division of healthcare quality promotion.

Chris Eschbach, PhD; Co-chair of the Consumer Electronics Association (CEA) Health and Fitness standards subcommittee. Chris Eschbach serves as Valencell, Inc’s Biometrics Laboratory director. In this role he coordinates internal and external validation trials as well as contributes to the research and development of new technology related to physiological biometrics as applied to exercise, medical and military situations. Prior to joining Valencell, Chris founded the Human Performance Lab, LLC, a facility dedicated to providing physiological consulting for wellness and sports. He served as an Associate Professor at North Carolina Wesleyan College, focusing on research related to the validation of biometrics measured by sensors, range of motion, athletic performance. Previously, he spent ten years at Meredith College as an Associate Professor and chaired the Department of Nutrition, Health, and Human Performance. Eschbach has a Ph.D. in Exercise Physiology and M.S. in Human Performance from the University of Southern Mississippi and a B.S. in Zoology from Western Illinois University. Founded in 2006, Valencell has become the leading innovator in high-performance biometric sensor technology for wearables and hearables. We power more biometrics wearables on the market than any other company in the world. We provide our customers with the most advanced, fully validated biometrics available today.
Seth Martin, MD, MHS, FACC; Assistant Professor of Medicine/Cardiology
Ciccarone Center for the Prevention of Heart Disease, Division of Cardiology,
Johns Hopkins University School of Medicine, Baltimore, MD
Dr. Martin, received his Bachelor of Science degree from Washington and Lee University,
graduating summa cum laude and Phi Beta Kappa. He went on to receive his
medical degree from the University of Pennsylvania and completed his internal
medicine training at Duke University. Dr. Martin then completed a cardiology
fellowship at the Johns Hopkins University School of Medicine. Dr. Martin is a core faculty member in the
Ciccarone Center for the Prevention of Heart Disease and an associate faculty member in the Welch
Center for Prevention, Epidemiology, and Clinical Research in the Johns Hopkins School of Public Health.
He is an NIH mobile health scholar and leads mobile health innovations for Johns Hopkins Cardiology. Dr. Martin co-chairs the CVD/Aging mHealth Interest Group of Welch & Ciccarone Centers and is an mHealth Scholar of the NIH. He was recognized as an Up and Coming Future Star of Cardiology by the American College of Cardiology. He serves as Vice-Chair of the Advocacy Coordinating Committee for the American Heart Association and is Co-Chair of the Greater Baltimore Young Hearts Board. Dr. Martin has been honored with multiple prestigious awards for his research, including the Silverman Award and the Steven N. Blair Award for his physical activity work using mobile health technology. He is a member of the State Advisory Council on Heart Disease and Stroke. Dr. Martin has published more than 150 articles in leading cardiology and medicine journals, such as JACC, Circulation, and JAMA. He contributed to the preventive cardiology companion of the most recognizable textbook of cardiovascular medicine, Braunwald’s Heart Disease.

Elizabeth A. Joy, MD, MPH, FACSM
Medical Director, Community Health &
Clinical Nutrition Intermountain Healthcare; Adjunct Professor, Family &
Preventive Medicine University of Utah School of Medicine;
President, American College of Sports Medicine, Dr. Joy practices Family Medicine
and Sports Medicine at the Salt Lake Clinic LiVe Well Center. She is an Adjunct Professor
at the University of Utah in the Department of Family and Preventive Medicine. She
completed a Family Medicine Residency and Primary Care Sports Medicine Fellowship
at Hennepin County Medical Center in Minneapolis, Minnesota. She completed her
Master’s Degree in Public Health at the University of Utah. Dr. Joy is currently President
of the Female Athlete Triad Coalition, and is the President of the American College of
Sports Medicine (ACSM) – having formerly served on the Board of Trustees, and as Vice President. She held 2
terms of office on the Board of Trustees for the American Medical Society for Sports Medicine. She is on the
Editorial Board for The Clinical Journal of Sports Medicine, and is Associate Editor for Current Sports
Medicine Reports. She serves on the Exercise Is Medicine Steering Committee for the ACSM, and chairs the
EIM Clinical Practice Committee. She developed and directed the Primary Care Sports Medicine Fellowship
Program at the University of Utah from 1998 until 2011. She has authored many journal articles and textbook
chapters on a wide variety of topics in sports and exercise medicine. Her research and advocacy interests lie
in the areas of physical activity assessment and promotion, the Female Athlete Triad, sports injury prevention,
and diabetes prevention. Dr. Joy is married to Dr. Jim Macintyre, and they have 2 children.

Devi Mehta, J.D., M.P.H., Public Health Analyst – Office of the Chief Privacy
Officer, Office of the National Coordinator for Health Information Technology
(ONC), U.S. Department of Health and Human Services. Devi Mehta serves as a
Senior Privacy Policy Analyst in the Office of the National Coordinator (ONC) in the
Office of the Chief Privacy Officer. At ONC, she works on several projects, including a
Privacy for PCOR (Patient-centered Outcomes Research) project, the state privacy
portfolio, and advising the Chief Privacy Officer and National Coordinator on various
issues related to consent for electronic health information exchange and research.
Ms. Mehta also worked on ONC’s recently released report to Congress on Non-HIPAA Covered Entities, such as wearable fitness trackers and health social media. Before joining ONC, Ms. Mehta worked as Research Scientist at the George Washington University’s Milken Institute of Public Health, Department of Health Policy. At GW, Ms. Mehta worked on the underlying legal research and development of a resource called, “Health Information and the Law,” a website found at www.healthinfolaw.org, that provides a compilation of federal and state laws related to the disclosure, use and exchange of health information. She also worked on several other projects, such as providing legal support for CCIIO’s Exchange Policy and Operations Group as well as serving as a legal SME on a contract supporting the NIH. Ms. Mehta holds a Bachelor of Arts in Political Science from the George Washington University. She earned her Juris Doctor (law degree) from Rutgers-Newark School of Law in New Jersey. Upon graduating from law school, Ms. Mehta practiced real estate and construction law in New Jersey and in Maryland and DC. Subsequently, Ms. Mehta went back to George Washington University in Washington, DC, where she received her Masters’ in Public Health in Health Policy in 2012.

Satvinder “Pearly” Dhingra, MPH; Chief Executive Officer and Founder Quantextual.co. Pearly sees a world where everybody can be a “citizen scientist.” Dhingra, a former health scientist at the Centers for Disease Control and Prevention turned entrepreneur, envisions a future where cellphones, smart watches, fitness trackers and other devices will connect with networks of scientists and lay people to allow researchers to make huge strides in improving health for everyone. Pearly build, own, operate and transfer Quantextualized.com interactive research platforms and apps that engage, empower, equip and enable individuals to build, own, save and share their comprehensive, seamless, integrated health profiles

Lee-Ann Kennedy, RN; Chief Executive Officer and Founder StepsCount. After two decades in acute health care and ten years as a Certified Diabetes Educator, Lee-Anne founded StepsCount on her passion for the power of exercise prescription in health promotion & disease prevention. Forging new ground in the clinical space, Lee-Anne developed the research grade Piezo brand of physical activity devices valued by research & medical professionals alike. The PiezoRx is the only pedometer designated as a Class 1 Medical Device with Health Canada. With the 160-day memory bluetooth version launching in January 2017, and with metrics and an online platform that embrace the guidelines, the PiezoRx is poised to change clinical prescription of exercise and population based physical activity research.

B.J. Wiley Williams, MBA; Chief Executive Officer and Founder of SoHookd. Sohhookd is wellness technology rewards platform that is used as a tool for employees to live their best, healthy and productive self both on-and-off the clock. SoHookd’s rewards platform tracks well-being data as a way for employees to earn credit so that they can redeem high-quality and guilt-free wellness experiences. As CEO, B.J. is responsible for setting the strategic direction of the company, providing supervision of all business operations, and keeping her pulse on the industry. B.J. has over 15 years of experience in strategy, operations and business development working in corporate, private equity and entrepreneurial environments. BJ received a B.A. in History from The University of Virginia and a M.B.A. from Harvard Business School where she was the CEO of SA Ventures - the only student-run business on campus - and where she received the Assistant Dean’s award for her leadership.
In the quiet of the darkened forest, a path of chipped wood crunches underfoot, leading toward the sound of a waterfall. Down a steep hill and along a creek-side path, the trail parallels the ruins of a dam and passes by mossy stone columns where gas lanterns once illuminated the early dark under trees.

It's sponsors, who dedicated the forest to T. Marshall Hahn Jr., the retired Chief Executive Officer of Georgia-Pacific and an Emory trustee, deemed it a "teaching forest", where plants and trees common in North Georgia could be studied and enjoyed by the general public.

Tucked in a bend of the south fork of Peachtree Creek, where a hydroelectric plant brought DeKalb county its first electricity and a mill once ground corn into meal, the forest trails divide a leisurely walk neatly into upper and lower excursions. The upper trail loops around the mostly empty wildflower meadow, but offers beautiful overlooks of the creek.

On weekends and in the evenings, the park, which is located on Houston Mill Road, is full of visitors. Families walk along the easy-to-hike trails of the 4.7 acre park while children explore the waterfall and the ruins of the old dam.

The park is open to the public, at no charge, from 8am to 5pm, November through March, and 8am, April through October.

Directions: From the Emory Conference Center Hotel, Exit the hotel next to the swimming pool. Take the path past Silverbell Pavilion and cross the pedestrian bridge. At the base of the bridge, carefully cross Houston Mill Road. Once across, turn right and follow the sidewalk ¼ mile down the hill to the entrance on the left.
The Hill Loop - 1.2 miles
The Lake Loop - 9 miles
The President's Loop - 8 miles

The mist of Oxford's bustle, taking a good book and relax
The calming sounds of wildlife make this a real escape in
The inner workings of life. High visibility ducks and white swan population.
Trails and footpaths. Children love Candle Lake's
Recreation, there's less but enough room for
The paved path is perfect for leisurely walking, biking,

Finally, to the university president's English Tudor mansion
To overlook the views of Oxford's concrete campuses.
Take a left on Oxford Road, follow about 3.5 blocks until

What's there:

If you reach the two stone pillars (rhillwater entrance),
Take a left on Oxford Road. Follow about 3.5 blocks until

Jullwatter at Gomery University