\documentclass[a0,final]{a0poster}

\usepackage[columns=4,calign,hmargin=10mm]{minimalposter}

\usepackage{lipsum}

\title{\textrm{Sample Poster}}

 \author{\textrm{Dr. Herman \\ Advisor: Dr. Russell L. Herman \\Department of Physics and Physical Oceanography, UNC Wilmington}}

\logo{\includegraphics[width=4in]{UNCWteal.jpg}}

\thanks{This work was funded by ...}

% Themes tranquil, zen, fury, greed, calm, dirty and fear

\settheme{mytheme}

\columntop{1} % This adjusts how far the top of the columns.

\begin{document}

\maketitle

\BeginColumn[1]

\section\*{SECTION 1}

\lipsum[1-2]

\section\*{SECTION 2}

\lipsum[3]

\EndColumn

\BeginColumn[2]

\section\*{SECTION 3}

\lipsum[1-2]

\vspace{2in}

\Alert{Drinking coffee can lead to a longer life.}

\begin{figure}

 \centering

 \includegraphics{thinker}

 \caption{Caption}

 \label{fig:my\_label}

\end{figure}

\EndColumn

\BeginColumn[1]

\section\*{SECTION 4}

\lipsum[1-3]

\EndColumn

\end{document}