

Onley Road



HealthFest

an event for all ages

Saturday, March 30, 2019

7:30 a.m. – 12:30 p.m.

Over 35 FREE

Health Screenings & Information Tables

Photo Booth

Bounce House

Over 50 Exhibitors



Vendor & Volunteer Parking
— off Onley Road

Vendor Entrance



PENINSULA
REGIONAL HEALTH SYSTEM



Opioid Coalition
Information &
Demonstrations
(Gym)

Exhibitors
&
Demonstrations
(Cafeteria)

(Tables #22 – #30)

(Tables #17 – #21)

(Tables #14 – #16)

Kids'
Corner



(Tables #22 – #30)

(Tables #31 – #36)

Public
Entrance

(Tables #1 – #13)

Wagner
Wellness Van
Skin Cancer
Examinations



Lab

Turn this map over for
a list of screenings by
table and our
demonstrations &
activities



Public/Visitor Parking

East College Avenue

Screenings & Information (By Table Assignment)

1. **My PenCare**
Registration and Information
2. **Finance**
PRMC Financial Counselors
3. **Radiology/Medical Imaging**
4. **ABI and Aorta Screenings**
5. **Lions Club**
Vision Screening for Kids
6. **Vernon Powell**
Foot Pressure/Measure Arches
7. **Aquacare**
Bladder Screening/Posture
8. **Healing Hands**
Posture
9. **Morrison Chiropractic Center**
Weight Balance
10. **Azar Institute**
Glaucoma and Adult Vision Screenings
11. **PRMC FamilyLab**
Information
12. **Kidney Foundation**
Kidney Screening
13. **Nutrition & Diabetes Education**
Diabetes Risk Assessment
14. **Wagner Wellness Van**
Information
15. **PRMC Pharmacy/Home Scripts**
Prescription/Medicine Questions
16. **Ask the Doctor**
Dr. Chris Snyder
- 17 – 21. **Richard A. Henson Cancer Institute at PRMC**

- a. DermaScan—Skin Examination
(in the Wagner Wellness Van)
- b. Cancer Support Services
- c. Clinical Trials Information
- d. Richard A. Henson Cancer Institute
Salisbury—Information
- e. Richard A. Henson Cancer Institute
Ocean Pines—Information

22 – 30. PRMC Orthopaedic Services and Peninsula Spine Center

- a. ALS Services
- b. Total Joint Center
- c. Peninsula Spine Center—Virtual Spine
- d. Stroke Awareness
- e. Balance Testing
- f. Lymphedema Management
- g. Bone Density/DexaScan

31. PRMC Behavioral Health Services

32. Peninsula Wound & Hyperbaric Center

Foot Sensation Screening and Information

33. PRMC Pulmonary Services

Pulse Oximetry

34. Mended Hearts

35. PRMC Cardiovascular and Pulmonary Rehabilitation

36. Chesapeake Hearing Screening

Opioid Coalition (GYM)

- | | |
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| <ol style="list-style-type: none"> 1. Center For Clean Start 2. Wicomico County Health Dept. Opioid Misuse Prevention Program 3. Wicomico County Opioid Intervention Team 4. St. James AME Zion Church Zion House 5. Hudson Health Services 6. Wor-Wic Community College 7. Worcester County Warriors Against Opioid Addiction 8. MD Coalition of Families 9. Second Wind, Inc. 10. Peninsula Addiction Services | <ol style="list-style-type: none"> 11. Community Outreach Addictions Team (COAT) 12. Salisbury University Hope Corps 13. Wicomico County Social Services Child Advocacy Center 14. Recovery Resource Center 15. Dorchester County Health Department 16. Wicomico County Health Department Prevention Services 17. United Way of the Lower Eastern Shore 18. Somerset County Health Department |
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Demonstrations & Activities

8:15 a.m. Senior Exercise Demonstration YMCA

This demonstration will provide older adults with safe and effective exercise options to improve cardiovascular health, strength and balance.

8:00 a.m. – Noon Where's the Fiber? Peninsula Regional Medical Center Food and Nutrition Services

Learn about foods that contain fiber. Enjoy free samples and educational materials.

9:00 a.m. BrainDance For All Ages Demonstration Staci McGowan Fruitland Intermediate School Physical Education Teacher

This demonstration will introduce a sequential body-brain exercise based on human developmental patterns called BrainDance. This approach has a flexible format appropriately used in various settings, while repeating the same eight movement patterns. The BrainDance sequence can vary in speed, energy, time and environment depending on the goal. The sequence integrates our primary reflexes and foundational movements into a very simple pattern that can be taught to anyone. This information has been supported by neurologists, sensory integration specialists and neuro-developmental movement therapists.

9:45 a.m. Majorette Demonstration Snow Hill Majorettes

The Snow Hill High School Majorettes are a part of the award-winning Snow Hill Marching Eagles. The majorettes compete yearly in local Christmas parades and perform each winter in basketball half-time shows. The majorettes consist of flags, rifles, and honor guard. They are under the direction of Brenda Short and student leadership of Emma Simpson, Hailey Farlow and T'Nae Fitch. The majorettes are excited to perform at HealthFest and appreciate all that PRMC does for our local community.

10:45 a.m. Dance Demonstration Royal Elite Diamondz

The Royal Elite Diamondz, previously known as Salisbury's Finest and Salisbury Top Rockers, are a majorette and hip-hop dance team of local children under the age of 18. The team performs in competitions and parades across Delmarva and along the East Coast.

11:30 a.m. Reno Reta Natyalaya Indian Classical Dance

Enjoy a medley of Indian dancing. Dances will include a Tandav Dance (Classical) which is a divine dance performed by the dancers holding lamps in their hands (this is a sacred dance of southern India and has vigorous and brisk movements performed with joy); a Bollywood Dance showing off their beauty for the song "Nainowale Ne," as well as a Bollywood dance medley.

All Day Events:

- **Photo Booth**
- **4 Climber Rock Wall**
- **Bounce House**
- **Meet and Greet with Sherman from the Delmarva Shorebirds**
- **PRMC's Trauma Roo** – Troo, the Trauma Roo, is the mascot of the American Trauma Society and teaches children important safety habits. Troo was developed in 1994 by the American Trauma Society to help reduce preventable injuries among children. Troo's handlers will be handing out information regarding bicycle safety, home safety, playground safety & more!
- **Pets on Wheels of Delmarva, Inc.** Pets on Wheels of Delmarva provides companionship and comfort by sharing pets with residents of nursing homes, care facilities, schools and libraries. Come and meet Lacey, Kaiser, Storm, Benjamin and Bella. These lovely dogs visit the Richard A. Henson Cancer Institute in Salisbury and in Ocean Pines, as well as participate in the Tales for Dogs Reading Program.