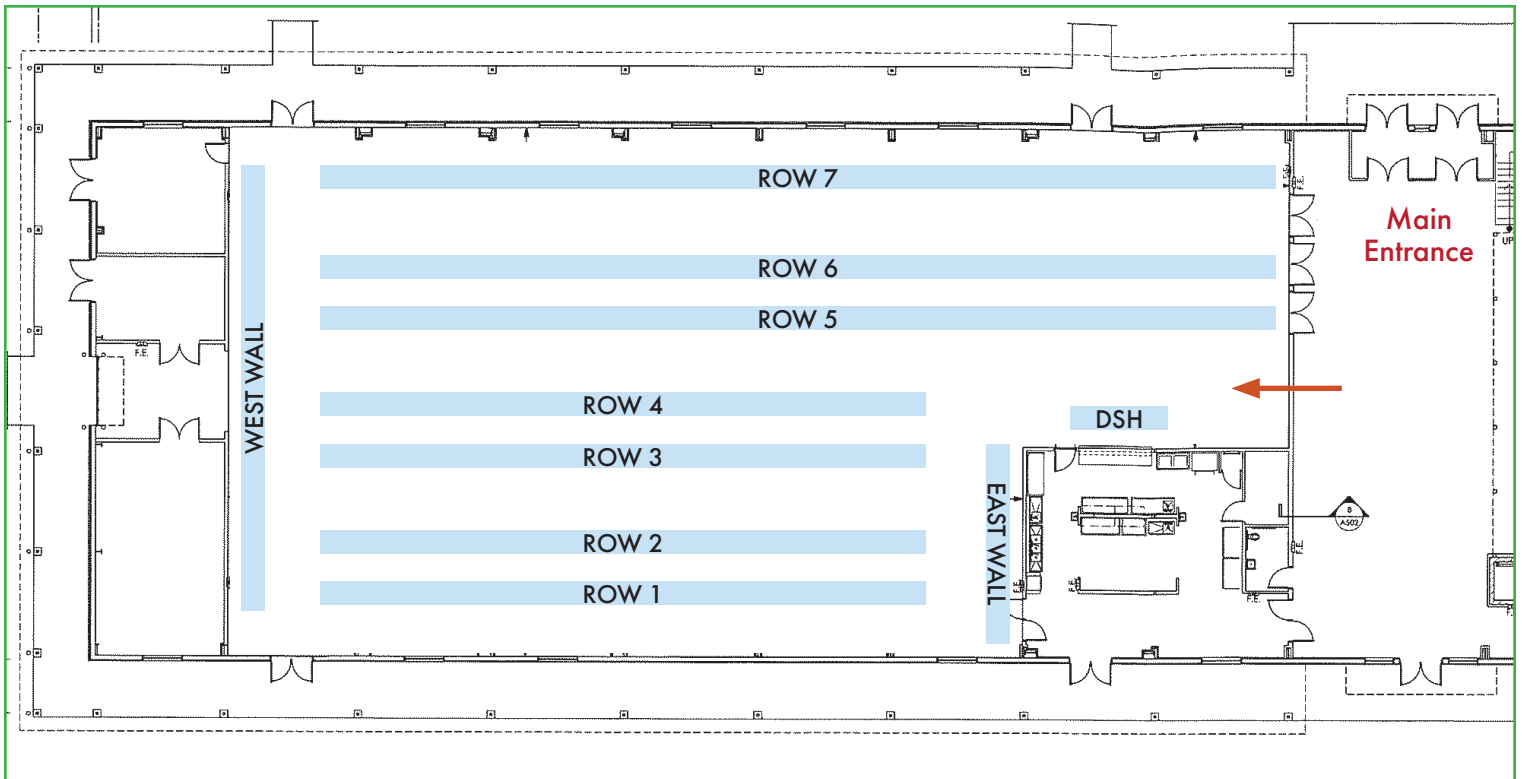




The 2024 Health & Wellness Expo is sponsored by



See reverse for a complete list of screenings and resources available, as well as where to find them according to the map below:



# Screening & Resources Available

## AGING/COMMUNITY RESOURCES

Aging and caregiver services . . . . .	Rows 3,5,6
Developmental disabilities . . . . .	Row 3
Protective services, Medicaid, SNAP . . . . .	Row 4
Utility assistance . . . . .	East Wall
Veterans services . . . . .	Rows 5,6

## BALANCE/FALL RISK

Balance screening . . . . .	Row 1
Bingocize, Walk with Ease . . . . .	Row 7
Romberg Balance Test . . . . .	Row 6
Sit-to-Stand test . . . . .	Row 2

## BLOOD TESTS & HEART HEALTH

A1C . . . . .	Row 7
Blood pressure . . . . .	Row 7, West Wall
Cholesterol . . . . .	West Wall
CPR, first aid . . . . .	Row 7
Glucose . . . . .	Row 1

## COGNITIVE/MEMORY

Alzheimer's trivia . . . . .	Row 2
Cognitive screening . . . . .	Row 2

## COMMUNITY AMENITIES

Digital library . . . . .	Row 4
Lifelong learning . . . . .	Row 3
Park information . . . . .	Row 3
Pet adoption . . . . .	Row 4
Therapy dogs . . . . .	Row 3

## FITNESS

Flexibility screening . . . . .	Row 3
Gait analysis . . . . .	West Wall
Strength exercises . . . . .	Row 5

## HEARING

Hearing screening . . . . .	DSH
Video otoscopy . . . . .	Row 7

## MENTAL HEALTH

Emotional wellness . . . . .	Row 2
Roll the Dice, Let's Get Moving Game . . . . .	Row 6
Other resources . . . . .	Rows 3,4

See reverse for map and sponsors.

## MISCELLANEOUS

Alcoholism and recovery . . . . .	Row 3
Applied kinesiology . . . . .	Row 1
Decluttering . . . . .	Row 6
Energy efficiency and utility costs . . . . .	Row 6
Incontinence supplies . . . . .	East Wall
Neuropathy screening . . . . .	Row 2
Oncology . . . . .	Row 1
Parkinson's resources . . . . .	Row 3
Skin checks . . . . .	West Wall
Volunteering . . . . .	Row 5

## MOBILITY & ACCESSIBILITY

Bus services . . . . .	Row 4
Caption telephones . . . . .	Row 7
CarFit . . . . .	Row 7/Outside
Mobility equipment . . . . .	Row 6, West Wall
Reading services . . . . .	Row 1

## NUTRITION

Healthy cooking . . . . .	Row 7
Nutrition for aging, gut health . . . . .	Row 2
Prescription drugs and nutrition . . . . .	Row 5
Summer salads . . . . .	Row 1

## POSTURE

Postural assessment . . . . .	West Wall
Spinal screening . . . . .	Row 7

## SAFETY

Drug take-back . . . . .	Row 2
Personal safety . . . . .	Row 7
Preparedness . . . . .	Row 5

## STRESS MANAGEMENT

Breathing techniques, tapping . . . . .	Row 5
Chair yoga . . . . .	Row 1
Healthy lifestyle changes . . . . .	Row 1
Stress screening . . . . .	Row 5

## VISION

Color vision screening . . . . .	Row 6
Dry eye screening, frame adjustments . . . . .	Row 7
Glaucoma . . . . .	East Wall
LASIK and cataracts . . . . .	Row 5
Vision care outreach . . . . .	Row 6