



Screenings:

Blood testing by Valley Health Laboratory Services, 7:30 – 11 A.M. (Section A) **Discounted**

Blood Glucose testing by Shenandoah University School of Nursing (Section B) **FREE**

Blood Pressure checks by Five Star Home Health (Section E) **FREE**

Blood Pressure checks by Shenandoah University School of Nursing (Sections B and E) **FREE**

Blood Pressure checks, Blood Glucose testing by Sinclair Health Clinic (Section E) **FREE/Discounted**

Body Mass Index screenings by Valley Health Metabolic & Bariatric Program (Section D) **FREE**

CIMT and 12-Lead EKG screenings by Valley Health Heart & Vascular (Food Court) **FREE**

Hearing, Vision & Glaucoma screenings by District 24L Lions Clubs (Mobile unit outside JCPenney) **FREE**

Heart attack risk profile by Valley Health Heart Attack Risk Program, 8 A.M. – 12 NOON. (Mobile Unit outside JCPenney) **FREE – limited availability, check at Festival Information Booth**

Posture screenings by ABC Chiropractic (Section D) **FREE**

Fitness & Wellness Demos at JCPenney Court

- 10:10** Jazzercise Express, Jazzercise Winchester Premier Fitness Center
- 10:50** Bodyweight Strength Training, Valley Health Wellness & Fitness Center
- 11:30** Soccer: the Beautiful Game, Soccer Shots
- 12:50** Gymnastics, East Cost Gymnastic & Cheer
- 1:30** Easy Options for Eating Healthy, Nibblins
- 2:10** Healthy Eating On the Go, Chick-fil-a
- 3:00** Healthy Meal Options, Barbara Himeline, Fresco Kitchen

REVIVE! Lay Rescuer Training Event

Opioid Overdose and Naloxone Education for Virginia

10 A.M. – 12:30 P.M.
Between Claire's and Lids near JC Penney Court



Support Bright Futures – Frederick/Winchester with a donation:

Help fight Hunger: Ready-to-eat breakfast and lunch items, fruits and vegetables, and healthy snacks.

Help with Clothing: Sweat pants, leggings, athletic shoes

Drop off donations at the Festival Welcome Stations or the Bright Futures booth near JCPenney Court.

Today's Festival brings together a range of healthcare professionals and resources to help you take the next steps toward health and wellness. Participating exhibitors are not endorsed by Valley Health, Shenandoah University or Apple Blossom Mall. Be sure to consult with your physician before beginning any new health or wellness regimen.



Valley Health Community Wellness Festival

in partnership with Shenandoah University

APPLE BLOSSOM MALL
A SIMON MALL



Funded by Winchester Medical Center Foundation

SECTION A

Valley Health Lab Services

SECTION B

Access Independence

Al-Anon Family Group

ARE, Inc.

Cedar Creek Dental

Concern Hotline

Lifetime Wellness Associates

Northern Shenandoah Valley Substance Abuse Coalition

Northwestern Community Services Board

Our Health

Shenandoah Valley Compassionate Care

Shenandoah University Nursing

- Blood Glucose Screening
- Blood Pressure Screening
- Disaster Preparedness

Shenandoah University Pharmacy

- American College of Clinical Pharmacy
- Academy of Managed Care Pharmacy/Phi Delta Chi
- American Pharmacists Association-Academy of Student Pharmacists/Kappa Epsilon
- Hypertension Awareness
- Kappa Psi Pharmaceutical Fraternity

Valley Pharmacy

Victory in Balance

Warren Coalition

SECTION C

Anytime Fitness

Bright Futures-Frederick/Winchester

Faith in Action

Frederick County Parks & Recreation

Life Catalyst

Literacy Volunteers of Winchester

Potomac Appalachian Trail Club – Blue Ridge Chapter

Selma Medical Associates

Shenandoah Apple Blossom Festival

Shenandoah Valley Westminster-Canterbury

Valley Health:

- Improving Community Health
- Urgent Care
- Wellness & Fitness Center

Valley Vital Care

Winchester Healthy City Initiative

Winchester Parks & Recreation

SECTION D

ABC Chiropractic

Aetna Better Health of Virginia

Allergy Partners of the Shenandoah Valley

Epilepsy Foundation of Virginia

National Spine & Pain Centers

PHI Air Medical

Rapid Rehabilitation

Synergy Home Care

The Laurel Center

Valley Health:

- Advanced Valve & Aortic Center
- Cardiac Rehab
- Chest Pain Center
- CPR Education
- Heart Failure Clinic
- Metabolic & Bariatric Program
- Oncology

SECTION E

AbbaCare

City of Winchester Public Services

City of Winchester Police: Volunteers in Policing

Five Star Home Health

Healthy Families – Northern Shenandoah Valley

Lions Club

Lord Fairfax Community College

Natural Health & Fitness Solutions

Rutherford Family Dental

Shenandoah Valley Electric Cooperative

Sinclair Health Clinic

Shenandoah University Nursing: Blood Pressure Checks

The ARC of the Northern Shenandoah Valley

The Winchester Group

SECTION F

Fox Trail Senior Living

Greater Winchester Area Parkinson's Support Group

National Federation of the Blind

Quota International

Valley Health:

- Animal Assisted Therapy
- Home Health
- Neurosciences
- Rehabilitation
- Respiratory Services
- Sleep Lab
- Transitional Care
- Volunteer Services

Winchester Stroke Support Group

THE HEALTHY KID EXPERIENCE

95210

Soccer Shots

Valley Health Medical Imaging

LOCATED OUTSIDE:

(outside JCPenney)

Lions Sight & Hearing Testing

Valley Health Heart Attack Risk Program