



Screenings:

Blood testing

by Valley Health Laboratory Services,
7:30 A.M.–12 NOON, (Section A) **DISCOUNTED**

Blood Glucose testing

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

Blood Pressure Checks **FREE**

- Shenandoah University School of Nursing (Section C)
- Valley Health Primary Care (Section C)

Body Mass Index screenings

by Valley Health Metabolic & Bariatric Program
(Section A) **FREE**

Carpal Tunnel Testing

by Valley Health Neurology, 10 A.M.– 12 NOON,
(Section D)

12-Lead EKG screenings

by Valley Health Heart & Vascular, 8 A.M.– 4 P.M.
(Section A) **FREE**

Hearing screenings

by HearingLife (Section F) **FREE**

Personal Stroke Risk Factor screening

by Valley Health Stroke Program (Section D)
FREE

Vein Screenings

by Center for Vein Restoration (Section F) **FREE**

Fitness & Wellness Demos at JCPenney Court

- 10:10..... Parisi Speed School – Valley Health Wellness & Fitness Center**
Helping athletes of all ages and abilities become fast, stronger and mentally tougher.
- 10:50 Rock Steady – Valley Health Wellness & Fitness Center**
A circuit-style boxing class for individuals with Parkinson's to help improve reflexes, balance, neuromuscular memory, posture, and slow the progression of disease symptoms.
- 11:30 D1 Training**
Training the entire body for optimum performance using trusted and proven techniques delivered in age-appropriate programs.
- 12:10 Burn Boot Camp**
High-energy strength and conditioning workouts for all fitness levels, building both physical and mental strength for true transformation.
- 12:50..... Shenandoah University Physical Therapy Move U! Program**
Programs designed for children and adults with movement limitations
- 1:30 Unique Hoops Basketball Academy**
Teaching basketball skills and promoting life lessons and values such as character, teamwork, discipline, respect, and sportsmanship
- 2:10..... East Coast Gymnastics & Cheer**
Fitness classes and activities for kids. Gymnastics is more than just a sport; it's a foundation for success in life.
- 2:50 Social Graces Ballroom Dance Studio**
Discover the joy of dance. Ballroom dancing improves stamina, strength and poise.
- 3:30..... Onelife Fitness**
Recovery is an essential part of an overall fitness plan. Assisted professional stretching can open up movement patterns and alleviate pain.

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.



ValleyHealth COMMUNITY Wellness festival

APPLE BLOSSOM MALL
A SIMON MALL

SHENANDOAH UNIVERSITY
Eleanor Wade Custer School of Nursing

ValleyHealth
Healthier, together.

Funded by the Valley Health Foundations

SECTION A

Valley Health

- Metabolic & Bariatric Program
- Valley Health Gastroenterology
- Valley Health Heart & Vascular
- Valley Health Lab Services

SECTION B

ARE

Blue Ridge Habitat for Humanity

Laurel Ridge Community College

Dental Hygiene Program

Nursing Program

Lord Fairfax Health District

Sinclair Health Clinic

Shenandoah University Nursing

- Blood Glucose Screening
- Blood Pressure Checks

Shenandoah University School of Pharmacy

The Laurel Center

Valley Health

- Center for Advanced Wound Care and Hyperbarics
- Center for Orthopedic Excellence
- Outpatient Behavioral Health
- Pharmacy
- Valley Health Urology
- Valley Medical Transport
- WMC Animal Assisted Therapy

Winchester Comprehensive Treatment Center

Winchester Gastroenterology Associates

SECTION C

2 for 2 Foundation

Access Independence

Blue Ridge Center for Therapeutic Horsemanship

Frederick County Parks & Recreation

Humana Healthy Horizons

MoveMentation

NAACP Winchester Branch 7127-B (Health Committee)

Our Health

ReEnvision Physical Therapy

Shenandoah Valley Apple Blossom Festival

Shenandoah Valley Compassionate Care

Valley Health

- Community CPR
- General Information
- Healthy Families NSV
- Home Health Services
- Mother/Baby
- Palliative Care
- Trauma Services
- Urgent Care
- Valley Health Fertility
- Valley Health Primary Care
- Valley Health Women's Specialists
- Volunteer Services
- Wellness Services & Faith Community Nurse Program

SECTION D

American Cancer Society

Lifetime Wellness Associates

MicroTransponder

Valley Obesity Medicine & Diabetes

Valley Health

- Neurosciences - Stroke Program
- Oncology
- Valley Health Neurology
- Wellspring

Victory in Balance

SECTION E

Adult Care Center of the NSV

City of Winchester

Volunteers in Policing

SECTION F

Bliss Zone Energy Medicine, LLC

Blue Ridge Agents Insurance

Blue Ridge Care

Center for Vein Restoration

Five Star Home Health

Hearing at Home

HearingLife

Hill Valley Healthcare LLC

Home Helpers of the Northern Shenandoah Valley

Inspirit Assisted Living

Mobility Plus Inwood

Quota International of Winchester

Seniors First | Shenandoah Area Agency on Aging

TOPS Club, Inc.

Virginia Senior Medicare Patrol (VAAAA)

You're Not Alone Ministry

Healthy Kid Experience

Shenandoah University Nursing

Valley Health - Winchester Family Practice
Rutherford Crossing



The Healthy Kid
EXPERIENCE
Wellness Fun for Kids

Fun Activities
Giveaways
Prizes

Located Next to Chick-fil-A