

2018 Bowie Health Fair Exhibitor List

Advanced Chiropractic and Nutrition Center – Providing a non-invasive system of analyzing the body to determine the underlying cause of ill or non-optimum health.

Advanced Integrative Health Group - Advanced Integrative Health Group will provide free Chinese medical diagnosis and sample acupuncture treatments based on Chinese style pulse reading and tongue reading.

Al-Anon Information Service of DC & Suburban Maryland - Al-Anon Family groups is a worldwide fellowship that offers a program of recovery through local in-person meetings as well as virtual meetings for the families and friends of problem drinkers, whether or not the problem drinker recognizes the existence of a drinking problem or seeks help.

AllePure Laundry Detergent - AllePure Laundry is a natural enzyme-based, non-toxic formula that neutralizes: dust mite waste, pollen, and pet dander, mold spores and smoke/odors.

American Chronic Pain Association –American Chronic Pain Association will provide pain education and management support group resources.

Americans for Safe Access - The mission of Americans for Safe Access (ASA) is to ensure safe and legal access to cannabis for therapeutic use and research.

Amerigroup – is a managed care organization under the Maryland Health Connection for low-income families. Come try the Free Photo Booth provided by Amerigroup!

Anatomy Gifts Registry - Anatomy Gifts Registry (AGR) is a nationwide, non-profit, whole body donation program that supports medical research and education.

Arbonne International - Arbonne International offers a holistic approach to health and wellness. Arbonne's health, wellness and skincare products are pure, safe, and beneficial for all ages.

Assisting Hands Serving Bowie – Assisting Hands Serving Bowie will conduct a fall prevention demonstration lasting 30-60 minutes throughout the day. They will provide information on their home care for seniors who need help to stay living in their home.

Autism FYI Organization – They will provide information on Autism and the Autistic Spectrum. Autism FYI Organization addresses the growing needs of those on the Autism Spectrum, which includes encouraging self-disclosure of special needs through identifiable products to help first responders interact appropriately.

Balanced Health & Beauty Co. - Balanced Health & Beauty Co. helps start and guide individuals and groups on a pathway toward better mental, physical and spiritual health. There Tai Chi and Kung Fu workshops help people manage stress, enhance mental concentration, and

increase physical energy and mobility. They will show you how Tai Chi can be used to effectively help improve your balance and prevent falls.

Blood Bank of Delmarva – Blood Bank of Delmarva will be conducting an onsite blood drive. Donate blood at the Bowie Health Fair and become eligible to win a trip for four to Disney World.

Bowie Crofton Pregnancy Clinic – Bowie Crofton Pregnancy Clinic will provide information on healthy pregnancy, relationships, and parenting.

Bowie Senior Magic Club - Don't miss the show by these talented, mature and experienced magicians. They will also entertain you with close up magic at their table near the stage. Good for audiences of all ages!

Bowie State University - Witness how technology is used to train nurses to do assessments with demonstrations every 1/2 hour.

Bowie Youth & Family Services - will provide information regarding the City of Bowie Youth services program.

Bowie-Upper Marlboro Beekeepers Association (BUMBA) - Bees are fascinating and are responsible for much of the food we eat. There are also anecdotal benefits of bee venom therapy (BVT) and using local honey to reduce allergies. Information on beekeeping will be available as well. Weather permitting; you will get the opportunity to see a live hive!

Brassica Protection Product - Brassica Protection Products will give out samples of Tea and Coffee containing antioxidant extracted from broccoli.

Brookdale Woodward Estates – Brookdale Woodward Estates will perform blood pressure checks, line dancing, healthy cooking demonstrations with tastings, and fall prevention strategies.

Building Better Days – Building Better Days will provide information on the importance of playing with building toys. They will also offer free Lego bricks for children to "make and take" their own creation.

BURST Oral Care - Learn about Burst Oral Care sonic toothbrushes.

Byrd & Byrd, LLC Attorneys at Law - Information will be provide information on elder law and end of life choices and documents. They are also providing a lecture at Larkin Chase Center at 1:30 Titled "5@55-Why Should I Plan Now?"

CAM Physical Therapy and Wellness Services LLC - CAM Physical Therapy will do free screenings on any pain issues you are having to see if you can effectively be treated by physical

therapy or if you need a physician to follow up. They will also administer a well-established balance test called the Timed Up and Go (TUG for short).

City of Bowie Green Team - The Green Team will promote a sustainable lifestyle and will have a focus on indoor air cleaning plants. Outreach materials will include City offered Green Programs as well as the volunteer-led Green Team info.

ClearCaptions - ClearCaptions enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available. ClearCaptions is a free phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss.

Collington/Admissions - Collington is a life care community with independent living, assisted living and skilled nursing for seniors.

Comcare Pharmacy - Your local Comcare pharmacy (in the Bowie Town Center) will check your Blood Pressure, BMI, and provide education on diabetes, cancers, and medications.

Comfort Keepers West Chesapeake - Comfort Keepers West Chesapeake will provide information on their premier brand of caregiving - Interactive Caregiving - enabling seniors and other adults to remain in their homes in a safe and independent manner. Come see how their collaborative model of care is customized to each individual diagnosis, support system and goals.

Compassion and Choices - Compassion and Choices will provide information on completing advance directives, ways to navigate the health system, how you, friends and family can advocate for your healthcare, benefits of palliative and hospice care, and the full range of end of life options. End of life consultations is also available.

Core Wellness & Bodywork – Core Wellness and Bodywork will provide free seated chair massages.

Dementia Friendly Prince George's County - Dementia Friendly Prince George's County will offer free information, giveaways and memory screenings using the Brief Alzheimer's Screening (BAS) tool. All scores will be submitted to the Alzheimer's Foundation as part of their National Memory Screening Program.

Evidence Physical Therapy - One of their licensed physical therapists will offer free pain screenings. They will have you identify your pain, show you some relieving stretches and based on the results, recommend physical therapy or physician evaluation.

Fox Rehabilitation - Fox Rehabilitation provides services in home settings, including Assisted Living facilities such as Brookdale Woodward Estates. They will do fall prevention demonstrations and administer the Mini Berg, a well-established and scored test for balance.

Futurecare - Futurecare Capital Region is a brand new 150-bed Rehabilitation and Wellness Center. Their 4,500 square foot state-of-the-art gym is designed to help seniors return to their homes faster after acute hospitalization.

Genesis HealthCare - Larkin Chase Center is one of our venues. Stop in for free healthy smoothies, get a blood pressure check and come to their courtyard at 11:30 to participate in a yoga demonstration and to learn about local yoga classes.

Golden Age – Golden Age will provide information on their local daily adult medical day care.

GRA Health initiatives - Your grip-strength can tell some things about your overall health when compared to sex and age grip norms. Come and test your grip with a grip test screening.

Harmonious Living Chiropractic - Harmonious Living Chiropractic will do postural screening and functional movement screening to determine if chiropractic services can help you.

Health Releaf - How do you qualify to buy Medical Cannabis? Health Releaf is the premier healthcare company focused on providing the highest quality care to people with chronic conditions that can be assisted by qualifying through Maryland's Marijuana (MMJ) program.

Heart to Hand, Inc. - Will be providing free HIV screening for anyone over the age of 14(+), anyone younger will require a parent's consent.

Helping Other People Evolve (H.O.P.E) - Lecture and book promotion.

Hope Connections for Cancer Support - Hope Connections for Cancer Support provides free programs and services such as yoga, Pink Ribbon Pilates, aerobics, meditation, support groups, special events, and educational lectures (all facilitated by licensed professionals) to people that have been diagnosed with cancer, survivors, and caregivers to deal with the diagnosis.

Innovative Pain Solutions Center - Providing information on non-surgical treatment of chronic spine pain.

Jacobs Audiology - Jacobs Audiology will perform hearing screenings. Bring your hard of hearing significant other and see if it is their ears or selective hearing.

Lambda Phi Chapter Inc., Chi Eta Phi Sorority, Inc. - This nursing sorority will perform blood pressure and body mass index (BMI) checks and provide valuable health related information.

Lifestyle for Better Living - Come for a continuous talk on health and wellness management.

Lions club - The Lions Club will provide vision acuity screening as well as a 'puff' test which is a painless procedure that can check the pressure in your eyes to see if you may be developing glaucoma. Bring your old glasses and they will collect them for recycling.

Maryland Attorney General Office, Health Education and Advocacy Unit - The Health Education and Advocacy Unit (HEAU) of the Maryland Attorney General's Office offers free assistance to consumers whose health insurance company or HMO has refused to cover a medical service or pay a medical bill. HEAU also helps consumers to appeal decisions about their eligibility for financial subsidies made by Maryland Health Connection. Need help with your insurance company? See them! Their services are free.

Maryland Health Smiles - They are Maryland Medicaid's dental coverage. They administer the states dental benefits and promote good oral hygiene and benefit utilization.

Maryland Insurance Administration – The Maryland Insurance Administration is a state agency that regulates the insurance industry in Maryland. They provide consumer guides to help consumers make decisions about insurance.

Maryland Relay - Maryland Relay is a free public service that allows people, unable to use a standard telephone, to both make and receive calls. Maryland Accessible Telecommunications (MAT) distributes state provided devices to qualified applicants.

MD HOLISTIC HEALTH CENTER – MD Holistic Center will offer Reiki sessions, massages, and offer information on homeopathy. Someone will also be present to answer questions about Past Life Regression.

MNCPPC Department of Parks and Recreation, Prince George's County - There will be a staffed information table on the Department of Parks and Recreation. Come learn about their varied and extensive free and low-cost programs.

Narcotics Anonymous –Narcotics Anonymous will have information and resources available on Narcotics Anonymous programs.

National Capital Poison Center - They will provide information about preventing poisonings and how to get help from Poison Control. They will have brochures, magnets, and other giveaways for distribution.

Oily Hugs – Will discuss the benefits of toxin free home cleaning and personal care products that are made with plant based essential oils instead of harsh chemicals.

On The Flip Side - They raise awareness about body safety & child (sexual) abuse by handing out age appropriate coloring pages to be used as a way to open dialogue with children. Also, they hand out treat bags with messages of advocacy related to this vital social issue.

Optavia - How is your health? Do you need a special diet? Optavia will do a health assessment, and then see how ready you are to lose weight and get healthy with their 4 component program. They will also have opportunities for sign-up on-site.

Optimum Health & Wellness – Optimum Health & Wellness will introduce PEMF (pulsed electro-magnetic field) equipment and information which is used for pain relief, bone healing and other applications.

Patuxent Widowed Persons Service - The Patuxent Widowed Persons Service has local sharing and information sessions in Support Groups, which are the basis for membership as well as an opportunity to give support for those who are ready to move on.

Prevention of Blindness Society - The Prevention of Blindness Society will offer free Glaucoma screening - a non-invasive visual field screening designed to assess peripheral vision which is first affected by glaucoma. **Pride Dental** - Pride Dental will do Oral Cancer screening with Vizilite, Gum Disease Education; tell you about Smile Makeovers and the adverse effects of smoking as well as Children's dental health.

Prince George's Community College, Nursing Program - The Nursing students, along with their supervisor, will be administering free flu vaccines. The vaccine is a quadrivalent (protects against the most common 4 flu strains).

Prince George's County Family Justice Center - The Prince George's County Family Justice Center (PGCFJC), an initiative of the Circuit Court, is a multi-disciplinary service center. The PGCFJC provides a full array of co-located services for survivors of domestic violence, sexual assault, human trafficking and elder abuse. Identified as a best-practice, this new and innovative model enables local government and private community-based organizations to collaborate and provide coordinated case management services designed to address the immediate and more systemic social welfare needs frequently encountered by survivors in the aftermath of abuse. Services are provided in a coordinated, collaborative and holistic model by a team of twenty-two (22) on-site partners. This approach enhances a survivor's access to critical resources and streamlines the process by bringing services together in a practical way, one that makes the path to safety for survivors and families clear.

Prince George's County Fire/EMS Depart - Working with the University of Maryland Capital Region Health Trauma team, they will demonstrate hands-only CPR. Learn how to use an AED, how to Stop the Bleed and ask questions about Narcan.

Prince George's County Fire/EMS Dept. Station 816 - The Fire and EMS station #816 is there to protect Bowie. They will have trucks for you to touch and see along with someone to tell you all about them. If they get a call, they will have to go to serve the community.

Prince George's County Memorial Library System - The library system offers books and so much more! They will have information on all their services. And they donate most of the books for our free book exchange.

Prince George's County Sheriff's Office - Providing literature and brochures on crime awareness, domestic violence, identity theft, scams, and services the Sheriff's Office provides to citizens.

Prince George's Department of Parks and Recreation: Sports, Health and Wellness Division - The Get Fit Mobile Unit is an accessible resource for sports, health and wellness programming for residents of Prince George's County, promoting healthy behaviors and influencing the reduction of health and safety risks and disparities within our communities.

Pro Perform Spinal Health and Rehab - Pro Perform Spinal Health and Rehab provides spinal rehabilitation services, personal training, women's health services, and weight optimization services.

QCI Behavioral Health - Will perform Mental Health assessment and provide information about mental health.

Right At Home - Licensed Non-Medical Home Care Agency. Bonded and insured caregivers provide non-medical care to keep clients safe and well in their home.

Rise Dispensaries - Besides their lecture at the Senior Center, RISE will be at the Gym with someone knowledgeable in basic cannabis education (Basic components of Cannabis), How to become a Cannabis patient in Maryland, What they do/sell at RISE, What products we offer/how-to-use questions (open question/answer on Cannabis).

Road to Wellness LLC - Will provide an Emotion Code screening that will release a person's negative trapped emotions from their body helping to restore balance to mind, body, and spirit.

Sims Chiropractic Center - Sims Chiropractic will provide a free spinal screening with Myovision. The Myovision Screening is helpful for people suffering from back pain that may be caused by prolonged sitting, standing, and working or age. The screening finds the source of the pain and gives results within 1 minute.

Sky-volunteer - Come learn how to do Otago exercises. They are shown to improve balance and reduce falls when done regularly. A handout and demonstrations will be available.

Sleep Number - Come and experience a Sleep Number bed. You spend 1/3 of your life in bed, make it a comfortable one. They will find your Sleep Number and offer huge event discounts.

Smile Rx Dental - Learn about a holistic dental practice here in Bowie.

Southern Maryland Foot & Ankle - The Doctor will be giving free foot exams. They will tell you about their practice and will have branded giveaways.

Stephanie Trifoglio, MD - Dr. Trifoglio will have a group discussion about current medical topics brought by the audience. She is a board-certified internist and geriatrician. She will talk at the Bowie Senior Center at 11:30. The title of her Group Discussion will be: "Better than Dr. Google!" ...bring your medical questions to Dr. Trifoglio". Get there early, the group discussion is limited to 20 people.

Taber Chiropractic and Laser Spine Therapy Center - They will be discussing the benefits of toxin free home cleaning and personal care products that are made with plant based essential oils instead of harsh chemicals.

Team Beachbody - Come meet an Independent Coach for Health & Fitness. They will provide information on their fitness programs, nutrition program, individual and group accountability and their all natural nutritional supplements.

TherapyWorks by Angela Hill LLC - Information will be provided about a mental health counseling practice here in Bowie that accepts insurances.

Total Wellness Medical Center - Total Wellness will provide Glucose Screening but the results are primarily valid if you have been fasting for 8 hours, so don't eat in the morning and come early. Their practice provides a patient's care for all of their needs, from the treatment of acute or chronic illnesses to preventive care

Total Wellness MediSpa - Total Wellness MediSpa is an aesthetics practice serving clients in the Washington Metropolitan area. This facility provides a variety of aesthetics procedures to include Smartlipo, SculpSure® Body Contouring, laser hair removal, cellulite and wrinkle reduction, vaginal rejuvenation and more.

Trinity Dental Care LLC - Trinity Dental Care provides general dentistry for adults and children.

UM Capital Region Health Medical Group Midwifery Services - Sign up for OB/GYN exams with STD testing when appropriate on the Momma and Baby Bus. Cost is \$35 for the lab fee, all other testing is free. Call for an appointment 301-618-6123. Walk-ins will be accepted on availability basis.

UM Capital Region Health Laboratory - Come get your total cholesterol and HDL numbers free. It takes a few minutes but no long waiting for lab results.

UM Capital Region Health Tobacco Cessation Program - You can stop smoking. There are many techniques and each person must find what will work for them. Come learn about the resources, referrals and walk away with renewed commitment to quit and some fun giveaways.

UM Capital Region Health - Get your lung screenings in the form of spirometry testing for individuals to see if they have an obstructive or restrictive lung disease such as asthma, COPD, and emphysema.

UM Capital Region Health Family Medicine Group – Ask the Doctor Consultation - This is your chance to talk to a physician one-on-one for free. Having subtle symptoms? Not sure if they are significant? Come and see what the doc says for free!

UM Eastern Shore School of Pharmacy & Health Professions – Dr. Oyalowo owns the Comcare Pharmacy in the Bowie Town Center and teaches at the University of Maryland Eastern Shore. She is an expert on medications used for cancers. Are you taking the best ones for you? She will also have materials on diabetes, risk factors, complications and prevention. Bring your current medications list with medication name, dose and instructions.

University of Maryland Prince George's Hospital Domestic Violence/Sexual Assault Center, UM Prince George's Hospital Center - They will provide information and giveaways relating to sexual and domestic violence, as well as human trafficking.

UM Prince George's Hospital Center Trauma Services - The Trauma team will talk about and demonstrate issues with distractive and impaired driving, fall prevention and tell you what they are doing about the recidivism of violent related injuries in the same individuals. They will teach you how to Stop the Bleed and demonstrate hands only CPR, along with some of our brave firefighters.

UM Prince George's Hospital Center, Women's Center – Come participate in Ask a Doc sessions with Dr. Henry Adegbulugbe and Dr. Shelley Ann Hope. They will also perform OB/GYN exams on the Momma and Baby Bus with the Midwifery group.

UMES School of Pharmacy - Is the University of Maryland, Eastern Shore where your future lies? Come learn about UMES School of Pharmacy and Health Professions Programs, Pharmacy, Pharmaceutical Sciences, Physical Therapy, and more.

University of Maryland Bowie Health Center - Losing your balance frequently? Come to the Balance Clinic and bring your medications to see if they are affecting your balance.

University of Maryland Health Advantage - The Medicare Advantage plan of the University of Maryland Medical System will provide information on their plans.

University of Maryland Health Partners – The University of Maryland Health Partners will provide health information on various topics along with plan benefits highlights regarding University of Maryland Health Partners.

University of Maryland School of Medicine – The University Of Maryland School Of Medicine will provide information related to specific health issues. They will also offer free healthy lifestyle literature and visuals of sugar sweetened beverages/added sugar

Visiting Angels - Visiting Angel’s caregivers provide assistance to adults and seniors who are unable to safely manage their activities of daily living.

Washington Regional Transplant Community – Washington Regional Transplant Community will provide information on organ, eye, and tissue donations. They will also have giveaways and can register you on-site if you choose to become a donor.

YMCA of Metropolitan Washington (Prince George's County) - The YMCA Of Washington (Prince Georges County) provides childcare to families, financial assistance, character Development, stem, arts and craft, cooking projects and PHD (exercise program, socialization between children and parents).

Your Health Magazine - You have read this in your doctor's office, come see a free sample and see how they empower and encourage people in our local community to live healthier by going to the doctor. They are platinum sponsors of the 2018 Bowie Health Fair.

You've Got Oils - They will provide free hand massages; information regarding do TERRA Essential Oils and products which can help people manage their health.