

Onley Road

HealthFest

8 am to noon

Saturday, March 25, 2023

James M. Bennett High School

- Over 20 **free** health screenings and information tables
- Rock wall
- Demonstrations
- Exhibitors



Vendor/Volunteer Parking
Enter from Onley Road

Vendor/Volunteer Entrance



TidalHealth™



Gym

Exhibitors and Demonstrations
(Cafeteria)

Tables 16 – 18

Tables 12 – 14

Tables 9 – 11

Cascading Carlos

Kids Corner

Therapy Dogs

da Vinci Surgical Robot

Tables 19 – 22



Lab

Public Entrance

Tables 1 – 8

A112

Blood Drive



Public/Visitor Parking

Enter Here

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

E. College Ave.



Screenings and Information

Main Street Extended Hallway

- 1. TidalHealth MyChart**
Easy sign up for electronic medical record
- 2. Aquacare**
Bladder and posture screenings
- 3. Wood/Oechsli Chiropractic**
Spinal screenings
- 4. Peninsula Orthopaedic Associates**
Fall risk assessments
- 5. TidalHealth FamilyLab**
Blood draws for diabetes and kidney risk assessments
- 6. Blood Bank of Delmarva**
Blood donation drive
- 7. National Kidney Foundation**
Kidney screening
- 8. TidalHealth Nutrition and Diabetes Education**
Diabetes risk assessments

In Front of Cafeteria

- 9. TidalHealth Community Wellness**
BMI screenings and health promotion information
- 10. Ask the Pharmacist**
Medication information and reconciliation
- 11. Ask the Provider**
General medical advice

Main Street Hallway

- 12. TidalHealth Richard A. Henson Cancer Institute**
Prevention and screening information
- 13. TidalHealth Orthopedics**
Stroke risk assessments

- 14. TidalHealth Wound and Hyperbaric**
Wound assessments and information
- 15. da Vinci Surgical System**
Hands-on da Vinci robot demonstration
Hernia screening
- 16. Richard A. Henson Research Institute**
Clinical research information
- 17. TidalHealth Primary Care and Specialty Practices**
Find a provider in your area
- 18. TidalHealth Internal Medicine Residency Program**
Blood pressure testing
- 19. TidalHealth Cardiovascular, Pulmonary Rehabilitation & Preventive Cardiology**
Blood pressure testing, pulse ox and heart rate readings
Exercise advice
- 20. TidalHealth Neurosurgery**
Stroke prevention, lower back and neck pain treatment options
- 21. TidalHealth Behavioral Health**
Anxiety and depression screening
- 22. Lions Club**
Children's vision screenings

Demonstrations & Activities

8:30 am

Mind Body Techniques for Managing Stress and Building Resilience

Gigi Pierce RN, TidalHealth Community Care Coordinator

Using QiGong, breath work, movement/stretching, tapping, humming, and laughing, yoga stimulates the vagus nerve and the nervous system to relax, rejuvenate and increase your sense of wellbeing.

9:30 am

The Healthy Benefits to Juggling

Cascading Carlos, AKA Carlos Mir

Cascading Carlos, a two-time Guinness World Record holder, will teach you how to juggle, stay healthy and take you on a journey on the history of juggling while amazing you with his juggling skills. His talent to motivate you to stay healthy through juggling will help you build your strength in hand/eye coordination, strengthen your cardiovascular system and heart. In addition, juggling builds your self-esteem, confidence, focus and helps to clear your mind in a relaxing way. Carlos always says, "The art of life is learning how to juggle it, so let's go juggle."

10:30 am

Dance Medley — A Little Mix of Hip Hop, Jazz and Contemporary Dances Seaside Dance Academy

Seaside dancers come to you from the Mini, Petite, Junior, and Teen competitive teams. They will be performing five pieces, including a hip-hop performance, jazz performances, and a lyrical and contemporary performance. These dancers, who work and train year round, are excited to show you their talent.

Events During the Day

- **Rock Wall** (4 Climber)
- **How to start your morning off right**
TidalHealth's Food and Nutrition team will show you how to kick off your morning in nutritious fashion. Clinical dietitians will be available to answer questions and offer breakfast food samples.
- Meet **Sherman** from the Delmarva Shorebirds and TidalHealth's **Trauma Roo**.
- **Balloon animals** in the Kids Corner.
- **TidalHealth Pet Therapy** with National Capital Therapy Dogs
Stop by the volunteer table and meet some of the wonderful TidalHealth Pet Therapy teams. Learn about how your dog can become a therapy dog.
- Roving unicyclist and juggler **Mark Costello** demonstrates the benefits of practicing hand/eye coordination and staying fit and agile using unicycle and juggling tricks.