



Screenings:

Balance and Mobility screenings by ReEnvision Physical Therapy (Section F) **FREE**

Blood testing by Valley Health Laboratory Services, 7:30 – 12 noon (Section A) **Discounted**

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

Blood Pressure checks by Shenandoah University School of Nursing (Section A) **FREE**

Blood Pressure checks by Valley Medical Transport (Section B) **FREE**

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

12-Lead EKG screenings by Valley Health Heart & Vascular (Section A) **FREE**

Carpal Tunnel screenings by Winchester Radiologists (Section B) **FREE**

COVID-19 Vaccines by Lord Fairfax Health Department (Section A) **FREE**

Personal Stroke Risk Factor screening by Valley Health Stroke Program (Section D) **FREE**

Pulmonary Function Testing by Valley Health Respiratory Services (Section D) **FREE**

Fitness & Wellness Demos at JCPenney Court

- 10:10** Shenandoah University Music Therapy
- 10:50**..... Rock Steady, Valley Health Wellness & Fitness Center
- 11:30**..... Parisi Speed School, Valley Health Wellness & Fitness Center
- 12:10**..... All Level Yoga, Frederick County Parks & Recreation
- 12:50**..... Unique Hoops Basketball Academy
- 1:30**..... Fit4Mom Winchester
- 2:10**..... East Coast Gymnastics & Cheer
- 2:50**..... Armstrong Irish Dance Academy
- 3:30**..... Social Graces Ballroom Dance Studio



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

APPLE BLOSSOM MALL
A SIMON MALL

SHENANDOAH UNIVERSITY
Eleanor Wade Custer School of Nursing

ValleyHealth
Healthier, together.

Funded by Winchester Medical Center Foundation

SECTION A

- Al-Anon Family Groups
- ARS Winchester
- Crossroads Treatment Center
- Life Catalyst Program

SECTION B

- AIDS Response Effort
- Access Independence
- Blue Ridge Center for Therapeutic Horsemanship
- Laurel Ridge CC Dental Hygiene Program
- Lord Fairfax Health Department
- Shenandoah University - Pharmacy
- Shenandoah University - Clinical Mental Health Counseling
- Shenandoah University - Nursing
 - Blood Glucose Screening
 - Blood Pressure Checks
 - Mental Health, Faith Community Nursing
 - Nursing & Pharmacy
 - Public Health, American Red Cross
 - Women's Health, Girls on the Run
- The Simpatico Center
- Visiting Angels
- Winchester Gastroenterology Associates
- Winchester Public Schools
- Winchester Radiologists

SECTION C

- Frederick County Parks & Recreation
- Our Health
- Shenandoah Apple Blossom Festival
- Valley Health
 - Home Health
 - Metabolic & Bariatric Program
 - Pharmacy Services
 - Rehabilitation
 - Talent Acquisition

- Urgent Care
- Wellness & Fitness Center
- Wellness Services

SECTION D

- American Cancer Society
- Lifetime Wellness Associates
- Smartypants Medicine
- The Laurel Center
- Valley Health
 - Animal Assisted Therapy
 - Community CPR
 - Neurosciences - Stroke Program
 - Palliative Care
 - Pulmonary Services
 - Respiratory Services
 - Trauma Services
 - Valley Medical Transport
 - Volunteer Services
 - Wellspring
 - WMC School of Medical Imaging
 - Warren Memorial Hospital Radiology
- Victory in Balance

SECTION E

- AbbaCare
- City of Winchester - Public Works
- CMS Office of Minority Health
- Dragonfly Health
- Healthy Families NSV
- Shenandoah Valley Compassionate Care
- Winchester Police - Volunteers in Policing Program

SECTION F

- Blue Dove House
- Blue Ridge Habitat for Humanity
- Blue Ridge Hospice
- Blue Ridge Independence at Home

- Clear Spring Healthcare
- Evergreen Health & Rehabilitation
- Hidden Springs Senior Living
- Legacy Hospice
- National Federation of the Blind
- NSV Master Gardeners
- Quota International
- ReEnvision Physical Therapy
- Senior Medicare Control
- The FREE Foundation
- Top of VA Triad/S.A.L.T. Council
- Wheels for Wellness

THE HEALTHY KID EXPERIENCE

- 95210 - Shenandoah University Nursing
- Valley Health Women & Children's Services