

**WellSpan Health
Health & Wellness Area**



Stroke/Community Health

Blood pressure screening

Spine

Postural screening
Proper lifting activity

Joints/Rehab

Joint pain assessment

Urogynecology & Pelvic Reconstruction

“3Q!” incontinence questionnaire

Oncology/ York Cancer Center

Skin cancer screening tutorial

**Additional Free
Health Screenings**

Dry Eye Center of Pennsylvania at Wheatlyn Eye Care

Booth #174

Dry eye screening

Health Network Laboratories

Booth #143

Glucose screening

HealthSouth Rehabilitation Hospital

Booth #149

Stroke risk assessment screening

Miracle-Ear

Booth #119

Hearing screening

UPMC Pinnacle Memorial

Booths #113, 114

Sleep apnea screening

Stroke risk assessment screening

Falls Free York Area

- Falls risk assessment
- Balance and gait testing
- Cane and walker checks
- Exercise demonstrations
- Brown bag medicine review (take your medicines or a list with you to the booth)
- Information about “A Matter of Balance” (fall-prevention classes)
- Demonstration of helpful assistive devices
- Tips for caregivers and what to do when a fall occurs
- York Walks
- Feeling Blue

Seminars

Seminar Room 1

10 a.m. – Seven Threats to Your Family Security

Presentation by Jeffrey R. Bellomo, Esquire and Certified Elder Law Attorney by the National Elder Law Foundation

11 a.m. – Good Morning, Pumpkin! (Cooking Demo)

Presented by Lauren Musser, RD, LDN, PinnacleHealth Memorial Hospital

Noon – Neck and Back Pain: Non-operative Treatment Options

Presented by Dr. Michael Furman, Physical Medicine and Rehabilitation Physician, OSS Health

Seminar Room 2

10 a.m. – Freedom from Joint Pain

Presented by Judith Kopinski, MD, WellSpan

Noon – Pelvic Floor Disorders

Presented by Carlos Roberts, MD, and Tiffanie Kemp, CRNP, WellSpan

Presentations & Entertainment

9:30 a.m. – Heritage Hills Athletic Club

Presented by Meghan Gray and Lisa Schreiber, Group Fitness Instructors, Heritage Hills Athletic Club

10:15 a.m. – Avoid Being Scammed

Presented by Jerry Mitchell, Education and Outreach Specialist, Office of Attorney General

11 a.m. – Word and Outlook Working

Presented by Frank Carricato, Director, New Horizons Computer Learning Centers

11:45 a.m. – Safety and Self-Defense

Presented by Ken Eberle, Kentao Martial Arts/JKD/Self-Defense

12:30 p.m. – Container Gardening with Pizzazz!

Presented by PK Dennis, PennState master gardener

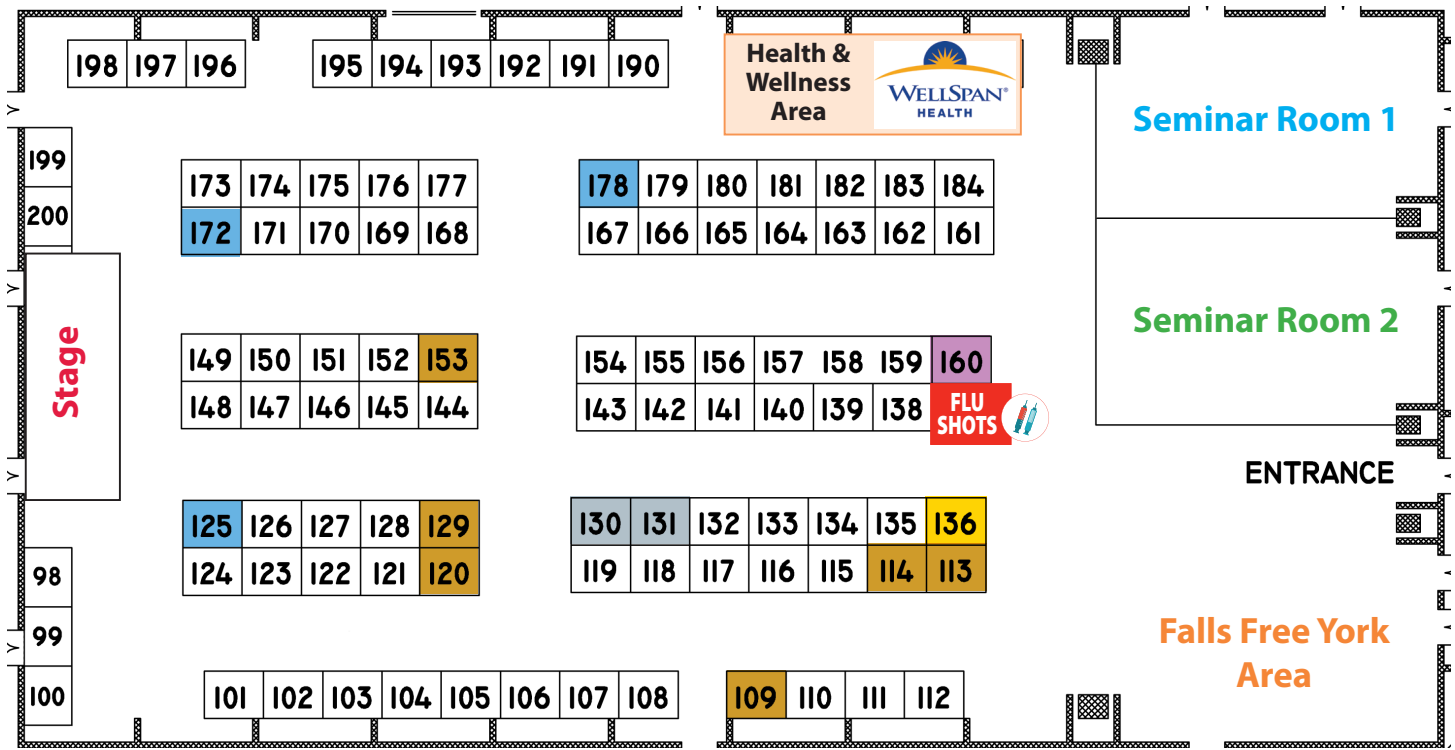


**FLU SHOTS
AVAILABLE
AT THE EXPO!**

Booth #137



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