

COLLECT ALL THE STAMPS TO BE ENTERED TO WIN!

Turn in your stamped map at the registration table  before you leave, to be entered to win our raffle prize!
 (FLIP OVER TO SEE WHERE TO GET STAMPS!)

Moving Toward a Healthier You!
HEALTHY HEARTS



Map Key

- | | | | | | |
|----------------------------|----------------------------------|---|--------------------------------|------------------------------------|--|
| 1 Free Massages | 5 Right Care, Right Place | 10 Tech Ergonomics | 15 Good Food Choices | 19 Active Play with RiseVT | 22 Face Painters/Tattoos Raffle |
| 2 Airbrush Tattoos | 6 Free Health Screenings | 11 Cup Challenge | 16 Play Flavorland | 20 Dental Health with Notch | Block Station |
| 3 Frog Hop | 7 Feel the Fruit | 12 Colon Anatomy | 17 Get a PlayScription! | 21 CVOEO Resources | Tunnel Exploration |
| 4 Hollywood Squares | 8 Sunny Day at the Beach | 13 Let's Talk Teeth | 18 Patient Portal | | Craft Central with Head Start |
| | 9 Water Bead Fun | 14 Fresh Fruit Prep
Homemade Salad Dressing
Hummus Head Artistry | | | Parachute Play |
| | | | | | Kid-Sized Volleyball |
| | | | | | Bouncy House |



Welcome to HEALTHY HEARTS

Moving Toward a Healthier You!

Saturday, February 10, 2018
St. Albans City School

 **Northwestern
Medical Center**
**NORTHWESTERN
COUNSELING**
& SUPPORT SERVICES



Get circles stamped and turn in this map to the registration table before you leave to be entered to win!

Your Name: _____
Please print legibly so we can contact you if you win!

Classroom near Library

1 Free Massages! Relaxation is an important part of your health and well-being. Come down and sign up for a 15 minute slot for a quick rejuvenation session.

The Library

2 Airbrush Tattoos – The artists of Hyperfocus will add a little glamour to your day with some quick airbrushed artwork.

3 Frog Hop – Vermont Department of Health staff share ideas for families to get active, including lily pad frog hopping, bean bag toss and milk jug catch!

4 Hollywood Squares – Play our giant-size version of tic-tac-toe, testing your knowledge of diabetes and health factors that contribute to this chronic condition.

5 Right Care, Right Place Beanbag Toss – Our Primary Care, Urgent Care and Emergency Care team up to help you know where to aim your care for the most appropriate access.

6 Free Health Screenings – Get your blood pressure, blood sugar and cholesterol checked free of charge from NMC's Lifestyle Medicine staff.

Hallway to Library

7 Feel the Fruit – Can you guess which fruit is inside one of Healthy Roots' blind boxes? Don't be scared ... they won't bite!

8 Sunny Day at the Beach – Learn which clothing and sunscreen options are the best choices to cut down on sun exposure from our friends at Northwestern Dermatology. Dress our dolls with the right clothing and accessories!

9 Water Bead Fun – Dive into a bucket of water beads with Northwestern Cardiology and Pulmonology. You will see the heart and lungs work together to pump blood and oxygen.

Cafeteria

10 Ergonomics in the Tech Age – Learn from NMC's Ortho-Rehab Team about "tech-neck" and other conditions resulting from overuse or improper use of technology at home and work. Learn some exercises to protect your joints.

11 Cup Challenge – Test your aim with this bouncing ball game that demonstrates that size and gender don't matter, mammograms are important! Visit this booth from NMC's Diagnostic Imaging Department and you can even schedule your mammogram!

12 🦘 Colon Anatomy – Learn about your colon and guess how long it is! Cancer can be deadly, but very treatable if caught early. If you're over 50, check in with us for a take-home screening that can save your life. Brought to you by NMC's Cancer Services department.

13 Let's Talk Teeth – Dental care information from Associates in Comprehensive Dental Care.

14 FUN WITH FOOD!
Fresh Fruit Prep Demo – NMC's Restaurant and Catering team shows you how to skin, peel and prep some of the more difficult fruits out there including papaya, pineapple and mango. NMC's dieticians will offer some fruit facts that pair well with this demonstration.

Homemade Salad Dressing Demo – Learn from food experts at NMC how to create a healthier ranch dressing and a basic vinaigrette from scratch! Dieticians from NMC's Lifestyle Medicine department will share nutrition comparisons between store-bought and homemade dressings.

Hummus Head Artistry – Have some fun with your food by decorating a whole grain toast with hummus and vegetables to make an edible hummus face.

Little Gym

19 Active Play with RiseVT – Get everyone moving in joyful, playful ways with RiseVT. Stop in for hula hooping, booty-scoot, music, and a photo booth. We're offering raffle tickets for participation ... pick up your prize at our swag station!

The Art Gallery

15 Making Good Food Choices – A partnership between Northwestern Pediatrics, Northwestern OB/GYN and the Family Birth Center. Learn how to choose wisely no matter your age and making good food and activity choices for your family.

16 Flavorland – Play an interactive board game featuring the many flavors of tobacco products that can entice children. From Northwestern Lifestyle Medicine and the Franklin Grand Isle Tobacco Prevention Coalition.

17 Get a Playscription! – The Doctor is In! Visit this RiseVT booth with Elisabeth Fontaine, MD and get a prescription for Active Play!

18 Patient Portal – Visit with experts from NMC's Health Information Team and learn how to access your medical records quickly, easily, and securely online!

Hallway between Big Gym and Art Gallery

20 NOTCH – Learn about the importance of dental health from Northern Tier Centers for Health who provide primary care and dentistry services throughout our community.

21 CVOEO – Find out more about resources like the food shelf, seasonal fuel assistance, tax preparation, support to those experiencing or at risk of homelessness, and navigator services to sign up for health insurance and Medicaid.

Big Gym

22 Come play with the staff of NCSS's Family Center and Head Start. Jump in on any of the following activities:

- Kid-sized volleyball
- Bouncy House
- Tunnel Exploration
- Parachute Play
- Raffle
- Face Painters and Heart Tattoos
- Block Station
- Craft Central with Head Start