



Screenings:

Blood testing

by Valley Health Laboratory Services
7:30 A.M. – 11 A.M. (Section A) **Discounted**

Blood Glucose testing

Shenandoah University School of Nursing
(Section A) **FREE**

Blood Pressure checks

Five Star Home Health (Section F) **FREE**

Shenandoah University School of Nursing
(Sections A and B) **FREE**

Valley Health Wellness Services (Section D) **FREE**

Body Mass Index screenings

Valley Health Metabolic & Bariatric Program
(Section C) **FREE**

CIMT and 12-Lead EKG screenings

Valley Health Heart & Vascular (Section A) **FREE**

COVID-19 Vaccines

Shenandoah Community Health
(Next to Chick-fil-a) **FREE**

Hearing screenings

Hearing Life (Section F) **FREE**

Fitness & Wellness Demos at JCPenney Court

- 10:10** Rock Steady, Valley Health Wellness & Fitness Center
- 10:50** Walk 15®, Frederick County Parks & Recreation
- 11:30** Soccer Shots
- 12:10** FASST Frisby's Agility, Speed & Strength Training
- 1:30** Unique Hoops Basketball Academy
- 2:10** East Coast Gymnastics & Cheer
- 2:50** Parisi Speed School, Valley Health Wellness & Fitness Center
- 3:30** Northern Shenandoah Valley Master Gardeners Association



Fun Activities • Giveaways • Prizes

Located Next to Zumiez

STUFF THE COACH!
— Support the Blue Ridge Area Food Bank —



Food items will be collected at Valley Health's Mobile Coach in the mall parking lot and inside at Festival Headquarters.



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.

SECTION A

Shenandoah University Nursing

- Blood Glucose Testing
- Blood Pressure Screening

Shenandoah University Pharmacy

SECTION B

Access Independence
Healthy Families NSV
Laurel Ridge Community College Dental Hygiene Program
Lord Fairfax Health District
Moms in Motion/At Home Your Way
Shenandoah University Nursing

- Blood Pressure Screening
- Women's Health

Valley Health

- Cardiopulmonary Rehab
- Neurodiagnostics and Sleep Centers
- Neurosciences Stroke Program
- Pharmacy
- Valley Health Cancer Center
- Volunteer Services
- WMC School of Medical Imaging
- Women & Children

SECTION C

AIDS Response Effort
American Cancer Society Relay for Life
Frederick County Parks & Recreation
Life Catalyst Program
Our Health
Shenandoah Apple Blossom Festival
Shenandoah University Nursing

- Chronic Disease
- Disaster Preparedness
- Mental Health
- Nutrition & Exercise

Valley Health:

- Metabolic & Bariatric Program
- Urgent Care
- Wellness & Fitness Center

SECTION D

ARS Winchester (Addiction Recovery Systems)
Care Advantage Home Care
City of Winchester - Public Services
Lifetime Wellness Associates
Shenandoah Valley Compassionate Care
Valley Health

- Animal Assisted Therapy
- Hands Only CPR & AED Training
- Home Health
- Outpatient Rehab
- Pulmonary
- Respiratory Services
- Trauma Services
- Valley Medical Transport
- Wellness Services
- Winchester Rehab Center

Victory in Balance
Winchester Gastroenterology Associates
Winchester Police - Volunteers in Policing Program

SECTION E

AbbaCare
Blue Ridge Center for Therapeutic Horsemanship
Natural Health & Fitness Solutions
Northern Shenandoah Valley Master Gardeners
Northwestern Community Services Board
The Laurel Center
Wheels for Wellness

SECTION F

Blue Ridge Habitat for Humanity
Blue Ridge Hospice
Dragonfly Health
Five Star Home Health Care
Hearing Life
Inspire Medical Systems
National Federation of the Blind
Quota International of Winchester
Rose Hill Health & Rehab Center
Top of VA Triad Group

THE HEALTHY KID EXPERIENCE

9-5-2-1-0 for Health Initiative
Soccer Shots
Super Splasher Aquatics