



**CHARLESTOWN 2024  
WELL-BEING EXPO: STRENGTHEN  
YOUR HEALTHY LIFESTYLE**

**Tuesday, April 23, 2024  
10:00 AM to 12:30 PM  
Gallery/Fireside Bar Area & CTS  
Lobby**

**CHARLESTOWN TEAMS EMBRACE WELL-BEING**

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|---|--|
| □ Charlestown Cheers                    | → Information on how to join                 |
| □ Charlestown Dining and Dietician      | → Healthy Food Presentation                  |
| □ Communications                        | → Information on Services – Front Desk       |
| □ Community Resources                   | → Information on Services                    |
| □ CC Activities & Memory Care           | → Information and Handouts                   |
| □ Custom Interiors                      | → Display of safety items for apartments     |
| □ Dementia Caregivers Support Group     | → Information about the Support Group        |
| □ Erickson Advantage                    | → Staying Healthy – Healthy Snacks           |
| □ Employee Health and Wellness          | → Info. on Charlestown’s Health & Wellness   |
| □ Fitness Center                        | → Sit to Stand Challenge                     |
| □ Home Care at CCI                      | → Interactive Stations for Healthy Lifestyle |
| □ Medical Center                        | → Display of Providers and Services          |
| □ Parkinson’s Support Group             | → Info. on Support Group & Rock Steady       |
| □ Rehab (OT/PT/Speech)                  | → Information on Fall Prevention             |
| □ Reiki – Clearing Chakras              | → Nancy Amann                                |
| □ Resident Flash Mob                    | → Information on how to get involved         |
| □ Resident Services                     | → Information about RS and Intermissions     |
| □ Resident Council – Health/Safety Com. | → Information on committees                  |
| □ Security/EMS                          | → Brochures and Handouts                     |
| □ Massage                               | → Joy Tyson                                  |
| □ TOPS (Take Off Pounds Sensibly)       | → Brochures and Handouts                     |
| □ VFW                                   | → Information on how to join                 |

**HEALTHY EATING DEMONSTRATION – PRESENTED BY DINING**

## CHARLESTOWN VENDORS EMBRACE WELL-BEING

- Advanced Radiology → Screening for Mammograms
- American Medical → Medical Supplies/Equipment & Wheelchair/Walker Adjustments
- American Cancer → Brochures and Handouts
- Ascension St. Agnes Hearing Care → Hearing Aides with Information
- CCBC → Information on classes
- Center for Vein Restoration → Leg Scans & Compression Stockings
- Chesapeake Hearing Center → Hearing Screening & Communication Tips
- Chesapeake Urology → Information on UTI and Overactive Bladder
- CVS Pharmacy → Information on CVS Products and Programs
- Farm House Greens - Catonsville → Variety of Healthy Salads
- Gilchrist Hospice Care → Information on Gilchrist Services
- Golden Travel Services, LLC → Brochures and Handouts
- Maryland State Library for the Blind → Digital book players, cartridges, large print.
- Maryland Relay → Sample phones, low vision devices.
- On-site Dermatology → Brochures and Skin Care Samples
- Tai Chi → Qi - Instructor
- Van Dyke & Bacon Shoes → Display of Footwear
- Water Arthritis → Sue Recker - Instructor - Brain & Body Video