



CHARLESTOWN 2025 WELL-BEING EXPO: IT'S NEVER TOO LATE TO EMBRACE A HEALTHY LIFESTYLE

**Wednesday, April 9, 2025
10:00 AM to 12:30 PM
Gallery/Fireside Bar Area**

CHARLESTOWN TEAMS EMBRACE WELL-BEING

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| □ Charlestown Cheers | → Information on how to join |
| □ Charlestown Dining and Dietician | → Healthy Snack – Chef Mary Martinez |
| □ Communications | → Information on Services – Front Desk |
| □ Community Resources | → Information on Services |
| □ CC Activities and 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 | → Pump it up for Parkinson's on NuStep |
| □ Harmonizers | → Music is good for the soul! 50:50 Raffle |
| □ 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 Services | → Information about RS and Intermissions |
| □ Security/EMS | → Brochures and Handouts |
| □ Massage | → Joy Tyson |
| □ VFW | → Information on how to join |

HEALTHY EATING DEMONSTRATION – PRESENTED BY DINING



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CHARLESTOWN VENDORS EMBRACE WELL-BEING

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|---|---|---|
| □ American Diabetes & Res. Council | → | Info. On Preventing & Managing Diabetes |
| □ Advanced Radiology | → | Screening for Mammograms |
| □ American Medical | → | Display of medical equipment, supportive footwear & compression stockings – Providing walker & wheelchair adjustments |
| □ Ascension St. Agnes Pulmonary Care & the Cancer Institute | → | Lung Screening |
| □ Ascension St. Agnes Hearing Care | → | Hearing Aid information and samples |
| □ CCBC | → | Information on classes |
| □ Center for Vein Restoration | → | Leg Scans & Compression Stockings |
| □ Chesapeake Hearing Center | → | Dr. Rau will be available to discuss "it's never too late for better hearing" |
| □ Chesapeake Urology | → | Information on UTI and Overactive Bladder |
| □ CVS Pharmacy | → | Information on CVS Products and Programs |
| □ Gilchrist Hospice Care | → | Information on Tools & Tips for Living Well |
| □ Golden Travel Services, LLC | → | Brochures and Handouts |
| □ Maryland Relay | → | Sample phones, low vision devices. |
| □ On-site Dermatology | → | Brochures and Skin Care Samples |
| □ Tai Chi | → | Qi and Sean - Instructors |
| □ The Perfect Fit by Maria | → | Cancer Support Products |
| □ Van Dyke & Bacon Shoes | → | Display of Footwear |
| □ Water Arthritis | → | Sue Recker – Brain & Body Video |