

Blacksburg AARP Chapter #2613



2024 AARP Blacksburg Health and Wellness Fair
Wednesday, September 18, 2024
10 a.m. – 2 p.m.
Christiansburg Recreation Center

Program

10 a.m.: Fair opens – all exhibits are open

10:15 a.m.: Welcome by:

Sue Magliaro, AARP Blacksburg Health and Wellness Fair Chair

Joyce Williams, AARP Virginia President

Mike Barber, Christiansburg Mayor

Leslie Hager-Smith, Blacksburg Mayor

Brad Epperley, Christiansburg Recreation Center Director

11:45-12:15 p.m.: Dr. Michael J. Friedlander, *VT-Carilion Research Institute*
Executive Director and VT Vice President for Health Sciences and Technology

(exhibits may take a break during this time to listen to our speaker)

12:15 p.m.: All exhibits resume operation

2 p.m.: Fair closes



Gold Sponsors

Exhibitors by Category and Table Number

All demonstrations listed below and done at/near tables

Blood Drive, Vaccinations, and Screenings

Table #	Sponsor Exhibitor	Free Services Offered
C	Via College of Osteopathic Medicine (VCOM)	Ask A Pharmacist (Dr. Kidd); nutrition/health eating tips; BMI and weight; osteopathic manipulation treatments; osteoporosis information; fall prevention; skin cancer screening
F	Salem VA Health Center Vaccine Van	Vaccinations (Influenza, Pneumonia, RSV); Vaccinations will be provided to veterans enrolled at the Salem VA HCS.
9	New River Valley Hearing and Balance	Audiology assessments
12	Christiansburg Pharmacy	Vaccinations (tetanus, shingles, DPT, RSV, flu, new COVID if available), blood pressure, glucose, medical consultations
15	Radford Health and Rehab	Blood pressure checks
24	Balance WellSpace Integrative Medicine	Posture scans
30	Sarah Cannon Cancer Institute – LewisGale Pulaski	Screening for take-home fecal occult blood test; low-dose lung cancer screening
45	Deaf and Hard of Hearing Services Center, Inc.	Assistive technology assessment
46/47	New River Community College Nursing Program	Wellness vital checks: temperature, blood pressure, glucose; also, free materials about programs of study and ACCE scholarships
48	Blacksburg Breakfast Lions Club	Vision screening
73-74	Radford University College of Nursing	Heart health, blood pressure screenings
81/E	The Blood Connection	Donate blood that stays in your local community!

Community and Government Offices and Information

- 4 New River Valley Community Services
- 7 Virginia Rural Health Association
- 44 Christiansburg Police Department
- 58 Montgomery County Department of Social Services
- 62 New River Health District
- 63 NRV Agency on Aging
- 65 NRV Disability Resources Center
- 66 Office of the Attorney General
- 68 Radford City Sheriff's Office/TRIAD
- 69 Roanoke Veterans' Center

Creative, Healthy, and Successful Aging

- 8a Christiansburg Parks and Recreation Center
- 13 Engagement Center for Creative Aging
- 55 Lifelong Learning Institute at Virginia Tech
- 57 Montgomery-Floyd Regional Library – Christiansburg Branch

- 60 Radford City Parks and Recreation Center, Senior Center
- 83 Montgomery County Animal Care and Adoption Center

Financial Services, Insurance Products, and Legal Services

- A National Bank of Blacksburg
- 11 Olio Financial Planning
- 14 Pyramid Healthcare
- 17 AETNA Better Health of VA
- 25 AFLAC - Unlevered Insurance Agency
- 23 Edward Jones
- 29 Equitable Advisors
- 31 Humana
- 33 Fishersview Insurance/United Healthcare
- 72 Southwest Virginia Legal Aid Society

Interest Groups and Advocacy

- 42 Alzheimer's Association, Central and Western VA Chapter
- 43 Blacksburg Newcomers Club
- 49 Funeral Consumers Alliance of the Virginia Blue Ridge
- 54 League of Women Voters of Montgomery County
- 56 Multiple Sclerosis Alliance of Virginia
- 59 Montgomery County Christmas Store
- 67 Montgomery-Radford-Floyd NAACP
- 71 Sjogren's Foundation
- 77 SWVA Veterans' Cemetery Volunteers
- 78 Volunteer Montgomery
- 79 AARP Virginia
- 80 AARP Blacksburg
- 82 Imagination Library of Montgomery County, VA

Medical Health Professionals Information and Consulting

- 1 Carilion Clinic – Community Health and Outreach; Home Health Care and Hospice
- 2 Life Center
- 3 Light Counseling
- 5 OrthoVirginia
- 6 River Ridge Dermatology
- 10 Edson Aesthetics
- 16 Virginia Prosthetics and Orthotics, Inc.
- 20 Caris Healthcare
- 22 CORA Physical Therapy
- 27 LewisGale Hospital – Montgomery
- 32 Tuck Chiropractic
- 36 New River Valley Dental Care
- 39 Total Motion Physical Therapy

- 53 University of Virginia Cancer Center
- 70 Sentara Health Plans

Senior Living Opportunities

- 8 Warm Hearth Village
- 76 Spring Oak Christiansburg

Wellness Professionals Information and Consulting

- 19 Blacksburg Fit Body Forever
- 35 Moonnco
- 40b QiGong (demo at 11:15 a.m.)
- 41 Takara Wellness Co. (demo-chair massage)
- 51 In Balance Yoga Studio
- 75 InStill Mindfulness

Ways to Stay Safe and Live Well in Your Homes

- B Habitat for Humanity in the NRV
- 18 Bath Fitter
- 21 Commonwealth Home Health Care
- 26 Air Wellness Network
- 28 Solid Rock Enterprises, Inc.
- 33 Lowe's
- 34 Medi Home Health and Hospice (MSA)
- 37 Shelter Alternatives Inc./Energy Check
- 40a Feeding Southwest Virginia
- 50 Good Samaritan Hospice
- 52 Virginia Navigator
- 61 Master Gardener Program and Family Nutrition Program – VPISU Virginia Cooperative Extension, Montgomery County Office
- 64 NRVCS Community Transit GO
- 84 St. Francis Service Dogs

Door Prizes raffled every 30 minutes beginning at 10:15 am!

Prizes made possible by the AARP Blacksburg, Christiansburg Recreation Center, Walmart, Home Depot, Chic-fil-A, Avellino's, Sandro's, Bull & Bones-Christiansburg, Cracker Barrel, Mission Barbeque, O'Charley's, Pet Smart, Blacksburg Books, & Lois Voss.

Special thanks to AARP Virginia, the town of Christiansburg, Volunteer Montgomery, Virginia Tech Corps of Cadets, Virginia Tech Department of Human Development and Family Services, Virginia Tech Library Services, New River Community College Nursing Program, New River Radio Group, Radford University College of Nursing, Kopy Korner, Cardinal Printing, Hethwood Market, Christiansburg Kroger, Christiansburg Food Lion – Roanoke St., & WalMart.

Planning Committee: Pat Ballard, Tammy Caldwell, Don Creamer, Jackie Jones, Judith Jones, Sue Magliaro (chair), Deborah Martin, Jerry Niles, and Jennie Reilly

Thank you to all who made this event possible!