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GBMC Health Partners primary care physicians care for patients of all ages — from the young to the young-at-heart.

Each GBMC Health Partners primary care practice works as a well-coordinated team managing your health across a system of care. With locations throughout the Baltimore area, extended weekday and weekend hours, integrated electronic health records, and a focus on preventive medicine and chronic disease management, staying healthy and well has never been more convenient.

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Welcome

Welcome to the 10th Annual **B'More Healthy Expo!**

FOX45, The CW Baltimore and MyTV Baltimore are pleased to bring this special health and wellness fair to Maryland families and present information and resources to help you and your family be the best you can be.

Each year, we plan an event that's filled with fun, food and fitness as well as education, engagement, and empowerment. There's something for everyone at the B'More Healthy Expo...more than 20 health screenings, fitness workouts, interactive exhibits, four stages of live entertainment, sports, cooking lessons for all ages, financial fitness, Hands-only CPR and Stop the Bleed trainings, and more... all designed to entertain and empower you and your family to take actions and make choices to "B'More Healthy"!

Join a dance lesson, cooking lesson or workout. Enjoy cultural and performing arts in the "Arts Alive!" Zone. More than 200 exhibitors are at the Expo to help you achieve your health and wellness goals. New in 2019, we invite you to explore the Healthy Minds, Living with Diabetes and Military Matters Zones.

Be sure to visit the FOX45, CW Baltimore & MyTV Baltimore exhibit to meet your favorite FOX45 reporters and make your debut as a Weather Authority forecaster.

Thanks to our partnership sponsor, GBMC HealthCare and presenting sponsor, The Central Maryland Toyota Dealers...and all our exhibitors and participants who are here to help you "B'More Healthy"!

Special thanks to the FOX45, CW Baltimore, and MyTV Baltimore staff who have worked so hard over the past 10 years to bring your family health and wellness news, activities, and resources you can use.

You are the reason we continue to present the B'More Healthy Expo. Our mission is to help you build healthier families, neighborhoods, and lives.

Bill Fanshawe
General Manager, FOX45, The CW Baltimore & MyTV Baltimore

Highlights

FREE Health Screenings

NEW in 2019:
Healthy Minds
Living with Diabetes
Military Matters

FOUR Stages of **LIVE**
Entertainment

Your **FOX45** News Team

Weather Authority
Video Experience

Cooking Lessons
for Children

Special Appearances by
The Bird, NFL Alumni
& Former Harlem
Globetrotter, Choo Smith

Hands-Only CPR
& Stop the Bleed Training

Colgate Bright Smiles,
Bright Futures Dental Van

...and so much more!



NOTICE: WBFF-TV, WNUV-TV, & MyTV Baltimore may videotape parts of the B'More Healthy Expo for broadcast television. If you attend the Expo, you are granting to WBFF-TV, WNUV-TV, MyTV Baltimore, Sinclair Broadcast Group, Inc., Sinclair Television Group, Inc., Sinclair Communications LLC, including its licensees, affiliates and assigns, the right to tape/broadcast your name and/or likeness for worldwide television distribution in perpetuity in connection with the Expo and/or any print or other media promotion thereof.

FURTHERMORE, your voluntary attendance/participation in the B'More Healthy Expo constitutes a complete release and agreement to hold WBFF-TV, WNUV-TV, and MyTV Baltimore, its officers, employees, agents, affiliates, successors and assigns from any claims, damages, liability, judgments or expenses, including attorney fees, which may result at any time from your attendance/participation.

Go to www.bmorehealthyexpo.com for information on exhibiting at the next B'More Healthy Expo.

The editor/publisher of the B'More Healthy Expo program is not a physician and is not licensed to give medical advice. All material in this publication is provided for information only. Consult your health professional regarding the accuracy of medical information and how it relates to you.

All information is current as of 2/26/19. Based on demands, some services, supplies, and activities may be limited. Keep up with the latest news, community events, and offerings by visiting www.foxbaltimore.com.



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DUNDALK | 1131 MERRITT BLVD
GLEN BURNIE | 6324 RITCHIE HWY
PASADENA | 7900 RITCHIE HWY

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Our caring staff members use proven therapies so children and families who have experienced trauma can move toward brighter futures. We work with families to help them address:

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Visit KennedyKrieger.org/TraumaticStressCenter or call **443-923-5900** to make an appointment, or to learn more about our clinical services or our Training Academy for professionals.



Center for Child and Family Traumatic Stress
at Kennedy Krieger Institute



Stock photo. Posing by model.

You don't have to be a Hero to help one.



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Training. Treatment. Support.

NCTSN  The National Child
Traumatic Stress Network

Since 1986, our team has provided thousands of children with happy, loving homes. And, thanks to comprehensive training and 24-hour support, the families in our program don't need to be heroes to help one. Join Us! FosterAHero.org



Jonathan Candace Tom Patrice Megan Jimmy

FOX 45 #1 MORNING NEWS

Morning News

SOURCE: NSI L+SD NOV18 SWEEPS. MORNING NEWS T.P. 5A-10A, RANKED BY RW25-54

PORT COVINGTON

TOGETHER, WE ARE BUILDING
VIBRANT, HEALTHY NEIGHBORHOODS



Healthy neighborhoods are powered by strong leadership, engaged residents, and economic and educational opportunities for all. In addition to the transformational redevelopment of Port Covington, we have partnered with six communities to form the South Baltimore 7 Coalition. The Port Covington Development Team is proud to sponsor the "Healthy Neighborhoods Zone" at the B'More Healthy Expo.

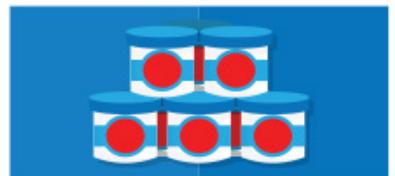


PRIORITY
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www.ppmco.org

If an emergency were to occur today, would you and your family be prepared at home? Prepare - at minimum - with a radio, flashlight and a gallon of water per day, per person for up to 72 hours. Visit www.readysetgood.org for more information.



READY? SET? GOOD!

The "Ready? Set? Good!" emergency preparedness campaign is brought to you by the Baltimore Urban Area Security Initiative (UASI) and the Baltimore Metropolitan Council (BMC).

Have you experienced a **traumatic event** in your life?
Do thoughts about this experience affect you now?
Do you use **alcohol** to get relief?

We are conducting a research study of a medication that may help people who have experienced a traumatic event feel better and drink less. Traumatic events are things like physical or sexual assault, war zone exposure, serious accidents, and natural disasters.

We are looking for:

- ✓ People who are age 18-25
- ✓ People of African American ancestry
- ✓ Males and females
- ✓ People in generally good health



To learn more, visit
www.rethinkyourdrinking.org

Or contact Cindy Smith
By Phone: (667) 214-2111
By Email: Cysmith@som.umaryland.edu

Participation is confidential.
You will be compensated for your time.
Transportation is available.

VETERANS, GET THE CARE YOU'VE EARNED

If you served in the U.S. military, you could be eligible for free or low-cost VA health care, even if you have private health insurance.

Choose VA, apply today!

Visit VA.gov, call 1- 855-976-9822, or

Join the VA Maryland Health Care System at its newest clinic for help and to learn more:

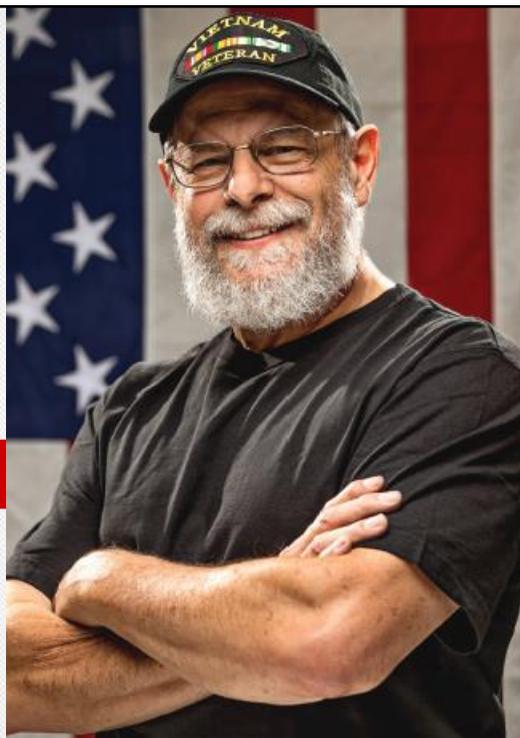
OPEN HOUSE & ENROLLMENT FAIR

Eastern Baltimore County VA Outpatient Clinic

Saturday, March 23, 2019, 11 a.m. to 1 p.m.

5235 King Avenue, Rosedale, MD 21237

Maryland.va.gov/newclinic.asp ▪ 410-642-1717



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Veterans Health Administration
VA Maryland Health Care System

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*Pushing Awareness
Pushing Prevention
Pushing Health*

Our Mission:

To push beyond cancer awareness;
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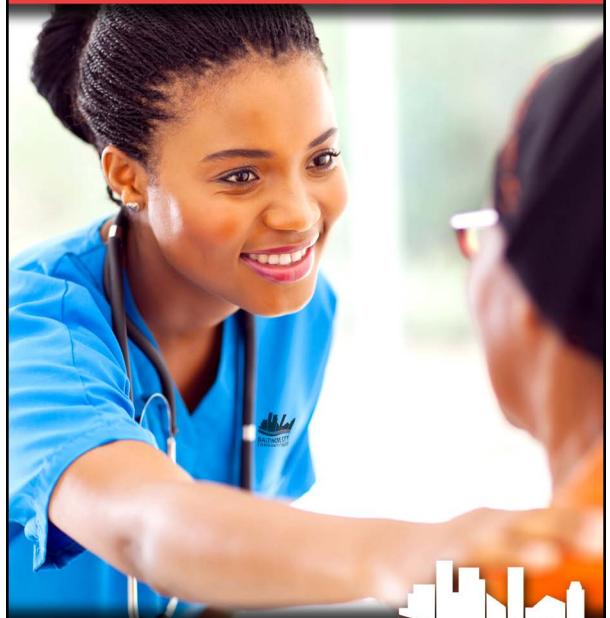
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Eggs are nature's original form of portion control and are a good snack option for children's after-school and after-sports snacks. Eggs are a great source of beneficial nutrients including iron, folate, and choline for pregnant women.

Eggs are simple to prepare and a great choice for a healthy diet at any age!

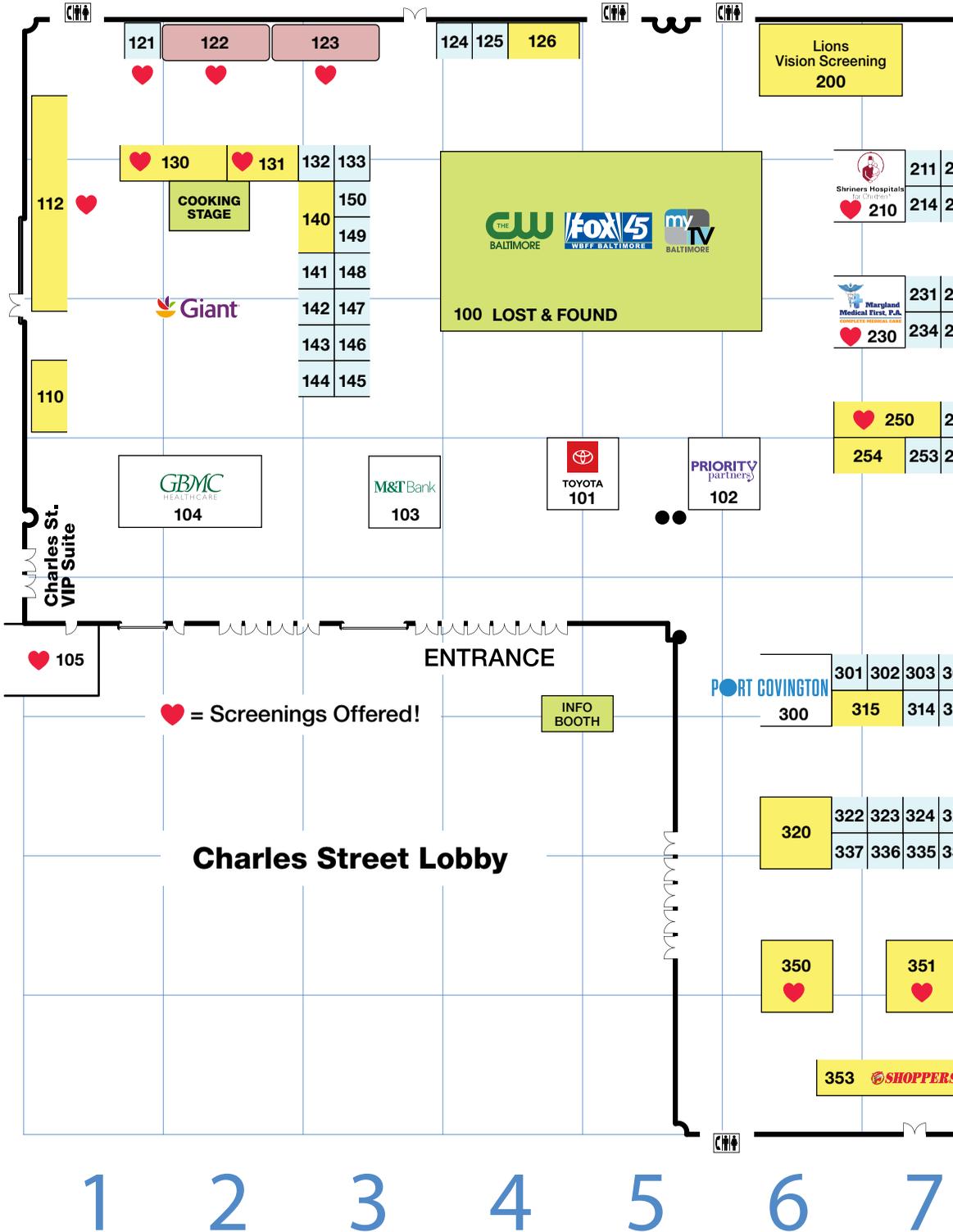
MARYLAND



Egg Council, Inc.

For Recipes Visit eggnutritioncenter.org & incredibleegg.org

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B'More Healthy Expo Map



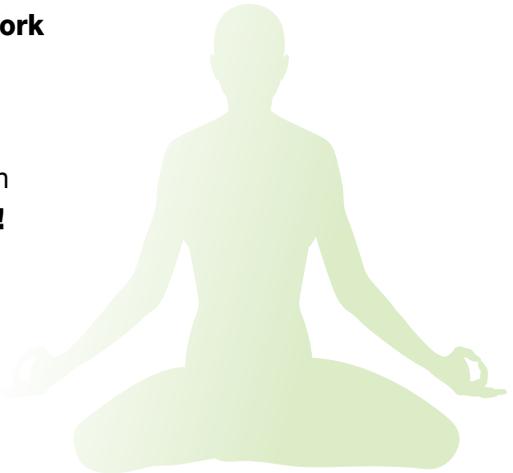
MAIN STAGE

Presented by



GOLD'S GYM

- 10:30 am **“B'More Body Burn” with Priority Partners**
Rachelle Cannon, Health Educator
- 11:15 am **B'more Fit with Gold's**
High Intensity Training and Core Work
- 12:00 pm **Precision Team Jump Rope**
Kangaroo Kids
- 12:45 pm **B-Ball Fun to B'More Healthy!**
Former Harlem Globetrotter Choo Smith
- 1:30 pm **Dance and Be Fit...Baltimore Style!**
Cranked Up Cardio
- 2:00 pm **Family Fitness with The Bird**
- 2:15 pm **Marital Arts Team Demonstrations**
Spartan Mixed Martial Arts
- 3:00 pm **Strong by Zumba™**
Karen Sterling



WHAT'S COOKING

Presented by



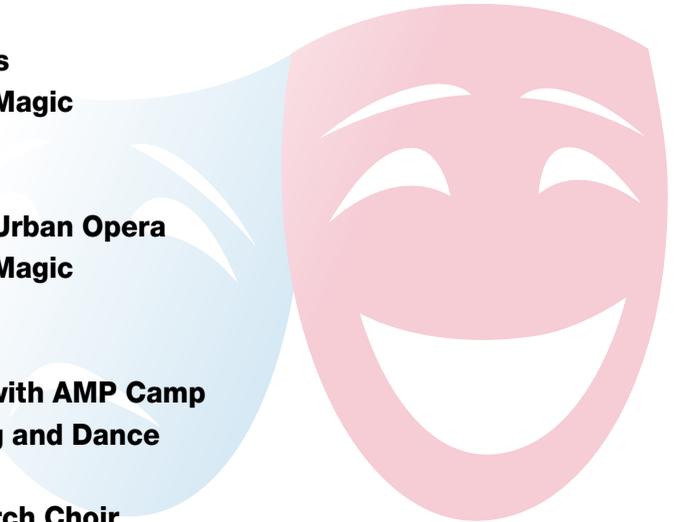
Giant

- 11:00 am **Build a Better Salad**
with the Nutritionists at Giant
Leslie Jefferson, MS, CNS, LDN
Melanie Berdyck, MS, RD, CSOWM, LDN, CPT
- 11:45 am **International Recipes...Good Tasting and Good for You!**
Chef Manny Robinson & FoodWorks Students Class #31
Maryland Food Bank
- 12:30 pm **How to Have Fun with Fruits and Veggies**
Coleman Manning, Director of Food Services
Michelle Demeule-Hayes, Director of Nutrition Rehab and Weigh Smart Program
Mt. Washington Pediatric Hospital
- 1:15 pm **GBMC HealthCare presents The Sleeved Chef with Jana Wolff**
Shrimp Scampi with a Focus on Healthy Substitutes
Michael Salamon, “The Sleeved Chef”
Jana Wolff, RDN, LDN, Director of Nutrition,
Comprehensive Obesity Management Program (COMP)
- 2:00 pm **Grain Bowls on a Budget with the Nutritionists at Giant**
Emily Craft, MS, RD, CSP, LDN
Mandy Katz, MS, RD, CLC, LDN
- 2:45 pm **The Incredible Egg...Scrambled, Poached or Hard Cooked**
Chef Egg
Maryland Egg Council

Stage Schedules

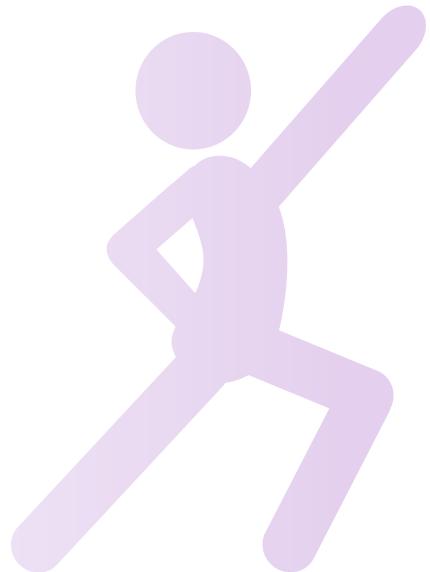
ARTS ALIVE! STAGE

- 10:40 am **FazaFam Family Jam**
- 11:00 am **Noah & The Rainmakers**
- 11:20 am **BMore Family Theater**
- 11:30 am **Living Classrooms**
- 12:00 pm **Noah & The Rainmakers**
- 12:15 pm **Baltimore Academy of Magic**
- 12:30 pm **Harvey & Sam Puppets**
- 12:45 pm **BMore Family Theater**
- 1:00 pm **Voices of Carmen - an Urban Opera**
- 1:15 pm **Baltimore Academy of Magic**
- 1:30 pm **Harvey & Sam Puppets**
- 1:45 pm **The FazaFam Band**
- 2:00 pm **Learn Theater Games with AMP Camp**
- 2:15 pm **Learn a Broadway Song and Dance**
- 2:30 pm **Elder Artists Showcase**
- 3:00 pm **Greater Baltimore Church Choir**
- 3:15 pm **Poetry Writing Workshop**
- 3:30 pm **Arts Alive Poetry Open Mic**



DANCE STAGE

- 11:15 am **Clogging**
Carroll County Cloggers
- 12:00 pm **Hot Hula**
Fitness with Kirsten
- 12:45 pm **Line Dancing**
Spirit Feet
- 1:30 pm **Flash Mob**
Dance Baltimore
- 2:15 pm **Latin Dance**
Argentine Tango Space Project
- 3:00 pm **FazaFam Family Jam**
Dance & Bmore





2Betties

★143
2betties.com
301-928-2101

Aetna Better Health of Maryland

★307
aetnabetterhealth.com/
maryland
866-827-2710

Alzheimer's Association

★411
alz.org/Maryland
1-800-272-3900

American Kidney Fund

★250
kidneyfund.org
800-638-8299

Arbonne

★149
SaraJordan24286212.
arbonne.com
856-577-0923

Art With a Heart

★418
artwithaheart.net
410-366-8886

AT&T

★226
att.com
410-504-2421

Baltimore Area Council Boy Scouts of America

★449
baltimorebsa.org
443-573-2500

Baltimore City Community College

★320
bcc.edu
410-462-8300

Baltimore City Fire Department

★105
fire.baltimorecity.gov

Baltimore City Health Dept: HIV/STD Prevention Program

★351
baltimorecity.gov
410-396-4448

Baltimore Metropolitan Council

★442
baltometro.org
410-732-0500

Baltimore Orioles

★434
orioles.com
888-848-BIRD

Baltimore Research and Education Foundation

★433
bref.org
410-605-7130

Bath Fitter

★240
bathfitter.com
240-292-1049

Bimbo Bakeries USA

★110
bimbobakeriesUSA.com
800-984-0989

BrainFutures

★423
brainfutures.org
443-901-1550

BurnAlong

★461
BurnAlong.com
855-494-6377

C.H.O.P.

★264
@eversothankfull
443-868-4410

Caring Hands of Infinity

★232
caring-hands-of-infinity-
home-care.business.site
443-912-2116

Carroll County Cloggers

carrollcountycloggers.com

CASH Campaign of Maryland

★306
cashmd.org
410-528-8006

Center for Vein Restoration

★231
centerforvein.com
240-965-3200

Central Atlantic Toyota Dealer Association

★101
buyatoyota.com

Chase Brexton Health Care

★362-363
chasebrexton.org
410-837-2050

Children's Mental Health Matters

★425
childrensmentalhealthmatters
.org
443-901-1550
410-730-8267

Chiropractic Associates

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yourfamilychiropractor.com
410-663-8610

Chiropractic Works

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.com
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Choo Smith Youth Empowerment

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Clinical Neurobehavioral Center University of Maryland Baltimore

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667-214-2111

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★459
www.clubpilates.com/
rotunda
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Colgate Bright Smiles, Bright Futures

★360-361
colgate.com/en-us/
bright-smiles-bright-futures

Comcast

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Xfinity.com
1-800-XFINITY

Cranked Up Cardio

crankedupcardio.com
202-430-5445

CSI Support & Development

★314
csi.coop
410-342-8003

Curves

★452
Curves.com
443-969-2338
410-933-8889

Dance & Bmore

★417
danceandbmore.com
410-871-8322

Dance Baltimore

dancebaltimore.org
410-370-8994

Destined4Greatness

★462
http://destined4greatness
.vidadivina.com/
717-542-3316

doTerra International

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mydoterra.com/natpace
801-458-3286

Dymatize

★333
dymatize.com
972-732-1990

Ed Block Courage Awards Foundation

★440
edblock.org
410-821-6252

Edible Arrangements

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edible.com

Enoch Pratt Library

★315
prattlibrary.org
410-396-5430

2019 Exhibitors

Family Health Centers of Baltimore

★224
fhcb.org
410-354-2000

Food and Drug Administration

★142
FDA.gov
410-779-5136

FOR EYES

★464
foreyes.com
1-800-FOR-EYES

Foundations Recovery Center

★413
foundationsrecoverycenter.com
410-401-1970

Frederick County Fire and Rescue

★227
frederickfireandrescue.com
301-600-7300

Freestate Challenge Academy

★468
freestatemil.maryland.gov
410-436-3266

Gaudenzia

★416
gaudenzia.org
410-367-5501

GBMC HealthCare

★104
gbmc.org
443-849-2000

Generation Tomorrow Center for AIDS Research, JHU Sisters Together and Reaching Inc.

Johns Hopkins Viral Hepatitis Center
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hopkinscfar.org/
baltimore-hiv-collaboratory/
generation-tomorrow
hopkinsmedicine.org/gim/
fellowship/john-g-bartlett-
specialty-practice
410-614-1020

Genexe Health

★266
genexe.com
410-734-0282

Giant Food

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giantfood.com
1-888-469-4426

Gold's Gym

★316
goldsgym.com
410-636-5900

Great Kids Farm

★212
friendsgkf.org
443-620-3453

Gutter Helmet by Harry Helmet

★243
harryhelmet.com
410-987-7180

HCR-Manor Care

★146
manorcare.com
1-888-255-7054

Health Empowerment for African Americans and Latinos (HEAL)

★234
heal-md.com
202-780-1177

Healthy Little Cooks

★201
healthylittlecooks.com

Heart's Place Services, Inc.

★311
feedinghomelesschildren@
blogspot.com
410-889-6277

Holistic Life Foundation

★410
hlifnc.org
410-235-4300

Hope Health Systems

★414
hopehealthsystems.com
410-265-8737

iFLY Indoor Skydiving

★463
iflyworld.com
667-888-4359

International Hearing Systems

★133
internationalhearingsystems.com
302-677-1793

Isha Foundation, Inc.

★419
innerengineering.com
931-668-1900

Jacques Initiative

★121
jacques.ihv.org
443-225-8828

Johns Hopkins US Family Health Plan

★448
hopkinsusfhp.org
800-801-9322

Juice Labz

★453
juicelabz.com
717-408-5395

Kangaroo Kids

kangarookids.org
301-490-4995

Kennedy Krieger Institute Department of Family and Community Interventions

★313
kennedykrieger.org
443-923-9200

Knee Pain Recipe

★441
kneepainrecipe.com
301-346-1720

LASH, Inc Lions Association for Sight and Hearing

★200
LASHmaryland.org
410-836-6258

LasikPlus

★148
lasikplus.com
513-577-8224

LATITUDE4T, Inc

★457
latitude4t.com
718-501-4741

LifeK

★263
homeoflifek.com
301-799-5600

LIGHT Health & Wellness

★443
lighthealth.org
443-524-0220

Live Life Therapy

★455
919-264-2202

M&T Bank

★103
mtb.com

Maryland Center of Excellence on Problem Gambling

★465
mdproblemgambling.com
667-214-2120

Maryland Child Support Administration

★304
DHS.Maryland.gov
1-800-332-6347

Maryland Department of Transportation

★352
towardzerodeathsmd.com

Maryland Egg Council, Inc

★140
incredibleegg.org
410-841-5769

Maryland Food Bank

★467
mdfoodbank.org
410-437-8282

Maryland Healthy Smiles

★214
member.mdhealthysmiles.com
855-934-9812

Maryland Insurance Administration

★302
Insurance.Maryland.gov
1-800-492-6116

Maryland Medical First, P.A.

★230
marylandmedicalfirst.org
410-661-4670

Maryland Teen Safe Driving Coalition

★220
267-374-9725



Mental Health Association of Maryland

★424
mhamd.org
443-901-1550

Metro by T-mobile

★445
Metropcs.com

Moving Forward Adult Services

★324
mfprp.com
410-243-1906

Mt. Washington Pediatric Hospital

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410-576-8600

MyEyeDr.

★340
myeyedr.com
866-693-9336

National Institute on Aging

★336
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410-350-3941

National Kidney Foundation Serving Maryland and Delaware

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kidneymd.org
410-494-8545

Neilly's Food

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410-254-2055

Nutrition.gov/Food Safety & Inspection Service

★144
nutrition.gov
fsis.usda.gov
301-504-5414

Overeaters Anonymous

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OAbaltimore.org
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443-421-5080

Planned Parenthood of Maryland

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ppm.care
410-576-1414

PNC Bank

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Port Covington

★300
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pushingpinkelephants.org
443-309-4685

R. Adams Cowley

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★303 & 403
mdcot.org/training/bleeding-control-basics/
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Recovery Centers of America

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recoverycentersofamerica.com
1-800-RECOVERY

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registers.maryland.gov
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Renewal by Andersen

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andersencorp.com
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Rivas Medical Weight Loss

★451
rivasweightloss.com
410-583-5677

Save A Life CPR AED 1st Aid Training

★221
savealifecprclass.com
443-251-8952

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★301
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Sheppard Pratt Health System

★422
sheppardpratt.org
410-938-3000

She's It, LLC

★223
shes-it.com
844-473-4748

Shiloh Baptist Church of Baltimore County

★437
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410-477-8886

Shoppers Food & Pharmacy

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shoppersfood.com
301-306-8615

Shriners Hospitals for Children

★210
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215-430-4000

Southern Management

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Spirit Feet, LLC

spirit-feet.com
443-928-0561

Sprouts Farmers Market

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SSVAPE

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★420
starlegacyfoundation.org
952-715-7731

Sterling Dance & Fitness FB sterling dance

410-790-5554

Straight Talk with Mike Gimbel

★412

The Baltimore City DSS Foster Care/Adoption Services

★305
bmorefostercare.com
410-685-8231

The Baltimore Station

★432
baltimorestation.org
410-752-4454

The City Ranch

★436
thecityranch.org
410-456-2195

The Family Tree

★435
familytreemd.org
1-800-243-7337

The Financial Crisis Prevention Center

★447
TFCPC.com
202-438-9076

The Joint Chiropractic

★335
thejoint.com/maryland/
owings-mills/owings-mills-07001
443-225-4508

The Lasik Vision Institute

★251
lasikvisioninstitute.com
240-355-4040

The Living Legacy Foundation

★126
TheLLF.org
410-242-7000

2019 Exhibitors

The REACH Initiative of the Johns Hopkins School of Nursing

★330
jhreachinitiative.org
410-955-4551

The Vitamin Shoppe

★261
vitaminshoppe.com

The Wellness Company

★150
<http://bit.ly/wellnessco>
443-550-1822

There Goes My Hero

★131
theregoesmyhero.org
443-266-8881

This Oil House

★260
efwellness.com/meganjones
443-392-2338

Thomas & Thomas. LLC

★456
darrylThomas8892
@facebook.com
443-900-8188

Thompson Creek Window Company

★241
thompsoncreek.com
866-572-7335

TIME Organization, Inc

★332
timeorganization.org
667-210-2361

Total U

★439
instagramprosperousnetwork.com
667-210-2361

Transformation Tribe (T&T) #tribe

★334
301-615-2112

Transitioning and Uplifting, Inc

★438
transitioninguplifting.com
410-747-5000

UMMC Breathmobile

★123
umms.org/childrens
410-328-5887

University of Maryland Center for Diabetes & Endocrinology at UMMC Midtown Campus

★130
umms.org/midtown
443-682-6800

University of Maryland Colloca Lab

★329
umaryland.edu/cacpr/
clinical-research-currently-
recruiting
410-706-5975

UMMC Community Health Improvement

★122
umm.edu/community
1-800-492-5538

University of Maryland School of Medicine Courage Conversations, Why Wait? OWL-Older Women Enjoying Life

★328
410-328-2436

Urbn Holistic

★233
urbnholistic.com
410-314-9548

Ushealth Advisors

★322
ushagent.com/evandahne
443-695-3905

Vacation Village Resorts

★145
vacationvillageresorts.com
757-301-6279

VA Maryland Health Care System

★430-431
maryland.va.gov
410-605-7000

Vector Security

★242
vectorsecurity.com
800-688-0150

Vein Clinics of America

★147
VeinClinics.com
844-241-7995

VME Services of the Image Center of Maryland

★312
v-linc.org
410-982-6311

Wakaya Perfection

★323
301-832-0962

Wendy Campbell Yoga

★444
wendycampbellyoga.com
828-273-6354

Whole Woman's Health of Baltimore

★260
wholewomanshealth.com
410-661-2900

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GBMC HEALTHCARE PRESENTS



SAT

APRIL 6, 2019

WALK BEGINS AT 10 AM

POST-PARTY BEGINS AT 10:30 AM

**BENEFITING GBMC'S
SAFE & DOMESTIC VIOLENCE PROGRAM**

**GBMC - South Chapman Building
6545 N. CHARLES STREET, TOWSON, MD 21204**

The GBMC Sexual Assault Forensic Examination (SAFE) and Domestic Violence (DV) Program is the region's most comprehensive sexual assault, abuse, and domestic violence center, offering victim services to patients across their lifespan. Proceeds from this one-mile walk will support the Sexual Assault Forensic Examination (SAFE) and Domestic Violence (DV) Program at GBMC. All men and women are encouraged to participate in the walk and post-party with food and prizes.

• [#GBMCWALKAMILE](https://www.instagram.com/GBMCWALKAMILE) • www.gbmc.org/walkamile •

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[i@gbmchealthcare](https://www.instagram.com/gbmchealthcare)

Over **3 million Marylanders** are registered to save lives through organ, eye, and tissue donation.

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1. Visiting the Donate Life booth.
2. Texting "DonateLife" to 313131.
3. Visiting www.donatelifemd.org.



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