



# BALTIMORE HEALTHY EXPO

**March 18<sup>th</sup>, 2017**

Proudly Sponsored by



Visit us at [bmorehealthyexpo.com](http://bmorehealthyexpo.com)



Helping you get  
and stay healthy.

**Simple.**

1-800-600-4441 (TTY 711)  
[www.myamerigroup.com/MD](http://www.myamerigroup.com/MD)

HealthChoice is a program of the Maryland Department of Health and Mental Hygiene.



**\$1 TO JOIN**  
*and*  
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**PER MONTH**

\*Some restrictions apply. See clubs for details.

**7 AREA LOCATIONS TO SERVE YOU**

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(410) 284-4653

**Glen Burnie**

6324 Ritchie Hwy  
Glen Burnie, MD 21061  
(410) 789-4653

**Largo**

931A Capital Centre Blvd  
Largo, MD 20774  
(301) 333-4653

**Bowie**

12510 Fairwood Pkwy  
Bowie, MD 20720  
(301) 805-4653

**Marley Station**

7900 Ritchie Hwy  
Glen Burnie, MD 21061  
(410) 863-4653

**Ritchie Station**

1723A Ritchie Station Ct  
Capitol Heights, MD 20743  
(301) 324-8915

**Crofton**

1625 Crofton Center  
Crofton, MD 21114  
(410) 451-4653

**PROUDLY SERVING THE  
BALTIMORE COMMUNITY**





# Welcome

Welcome to the 8th Annual **B'More Healthy Expo**! This year, we are introducing some new Zones and activities: Healthy Neighborhoods, Healthy Families Village, The Healthy Homes DIY—Do-It-Yourself—Demonstration Area, and exciting interactive opportunities where we can “b'more healthy...one and all together!”

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 training, and more...all designed to entertain and empower you and your family to take actions and make choices to “B'More Healthy”!

The B'More Healthy Expo is a day of fun and fitness! Join in a sports demonstration, dance lesson, or workout. Enjoy cultural and performing arts with hands-on activities and stage presentations in the “Arts Alive!” Zone. Visit the What's Cooking stage and Family Meal Time Zone and learn how you can prepare healthy, tasty meals. Check out STEM careers with hands-on experiments in the Maryland BioLab MX Laboratory. Interested in a career or position in health and wellness? Learn more at the Expo!

Be sure to visit the FOX45/CW Baltimore/MyTV Baltimore exhibit and meet your favorite FOX45 reporters. Make your TV Weather Reporter debut at the Weather Authority activity area. Check out new network programs and sports specials.

Thanks to our presenting sponsors, Kaiser Permanente, Amerigroup, the Central Maryland Toyota Dealers, and Schmidt Baking Company... and all our exhibitors who are here to help you “B'more Healthy ...One and All Together!”

And thanks to you and your family for attending. **You** are the reason we continue to make the B'More Healthy Expo an annual event to share information and resources to build healthier families, neighborhoods, and lives.

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

## Highlights

**FREE** Health Screenings

Your **FOX45** News Team

Weather Authority  
Video Experience

Fresh, Healthy Foods

Cooking Lessons  
for Children

**FOUR** Stages of **LIVE**  
Entertainment

Let's Play! Zone  
featuring  
Football and Lacrosse  
Drills

Story Sharing  
with **FREE BOOKS**  
for Children!

Healthy Families Village

Health and Wellness  
Career Zone

The MD BioLab  
MX Laboratory

Healthy Homes  
DIY Demonstrations

...and so much more!



NOTICE: WBFF-TV, WNUV-TV, & WUTB-TV 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, WUTB-TV, 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.

FUTHERMORE, your voluntary attendance/participation in the B'More Healthy Expo constitutes a complete release and agreement to hold WBFF-TV, WNUV-TV, and WUTB-TV 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](http://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 3/1/17. 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](http://www.foxbaltimore.com).





**GET ACTIVE, STAY HEALTHY WITH  
BALTIMORE CITY RECREATION & PARKS!**

FOR MORE INFORMATION, VISIT:  
[HTTP://BCRP.BALTIMORECITY.GOV](http://BCRP.BALTIMORECITY.GOV)




  
 @RecNParks






**House of Ruth  
Maryland**

***Did You Know?***  
**1 in 4 women** is a  
 victim of intimate  
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Learn more at [hruth.org](http://hruth.org) 

**Get Help:**  
 24-Hour Confidential Hotline  
 410-889-7884 

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**BALTIMORE CITY  
COMMUNITY COLLEGE**

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  @BCCCBaltimore

Baltimore City Community College is regionally accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104. (267-284-5000)



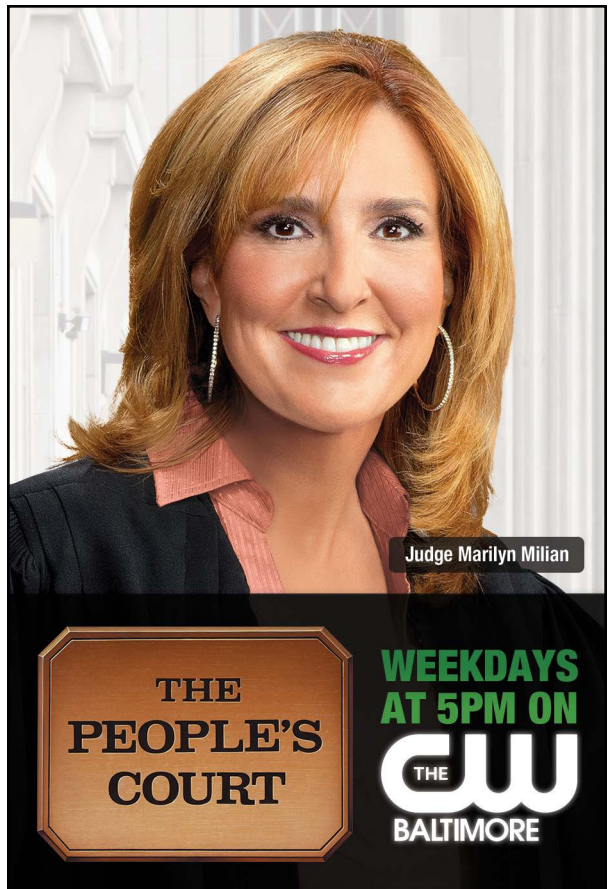
# Getting involved is important.

At M&T Bank, we know how important it is to support those organizations that make life better in our communities. That's why we offer our time and resources, and encourage others to do the same. [Learn more at mtb.com](http://mtb.com).

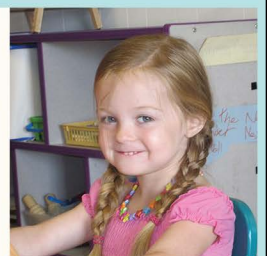
M&T Bank is proud to support the B'More Healthy Expo.



 Equal Housing Lender. ©2017 M&T Bank. Member FDIC.



**MARYLAND  
FAMILY  
NETWORK**



**Maryland Family Network** is the leading statewide nonprofit dedicated to supporting young children from birth to five years and their parents.

Our mission is to ensure young children and their families have the resources to learn and succeed. *The first five years last forever.*

Bring your family  
to the Maryland Family Network "Let's Play!" Zone  
at the B'More Healthy Expo  
for fun activities that parents and kids can do together!

Learn more, visit [www.marylandfamilynetwork.org](http://www.marylandfamilynetwork.org)



Over **2.8 million Marylanders** are registered to save lives through organ, eye, and tissue donation.

**YOU can save lives too. Will You?**



Learn more and **REGISTER** as a donor by visiting us at the **Donate Life booth** or online at **[www.donatelifemd.org](http://www.donatelifemd.org)**.



**Behavioral Health System**  
Baltimore



**HealthCare  
Access**  
**MARYLAND**

COVERAGE. CARE. CONNECTIONS.  
**HCMARYLAND.ORG**

## For help with...

Drug or Alcohol use or for information or services for mental health needs

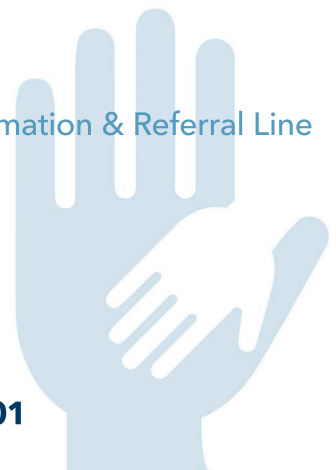
Call The Crisis Information & Referral Line  
**410-433-5175**

Services for people experiencing homelessness or about to become homeless

Call **410-649-0501**

Free or low cost health insurance

Call **1-877-223-5201**







Nina  
ROCKVILLE

Emily  
SEVERNA PARK

Natalie  
FAIRFAX

Leslie  
LANHAM HILLS

Melanie  
ELLCOTT CITY

Marissa  
MCLEAN

Min  
ALEXANDRIA

Mandy  
TIMONIUM

Lisa  
LEAD NUTRITIONIST

Roxana  
WASHINGTON DC

**LIVE WELL**

**EAT WELL**

*"Our pharmacists are at your service 7 days a week to fill your prescriptions and offer advice when you need it most."*



**SERVICES INCLUDE:**

- Low-cost generic and name brand prescriptions
- Pet prescriptions
- Full range of immunizations - no appointment needed

**We accept most major insurance plans!**

*"Our nutritionists can help you make the best shopping choices for your family's health."*

**in-store nutritionist**

visit [giantfood.com](http://giantfood.com) to find a nutritionist near you

**SERVICES INCLUDE:**

- Individual Consultations
- Lectures
- Workshops
- Grocery Store Tours



**What's a good source of high-quality protein and nutrients, provides steady and sustained energy, builds muscles, makes a great snack, and can fit into any family's budget?**

# THE INCREDIBLE EGG!

**B**egin your day with a breakfast that includes eggs to reduce hunger and calorie consumption throughout the day. The protein in eggs helps you to stay energized and maintain a healthy weight.

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](http://eggnutritioncenter.org) & [incredibleegg.org](http://incredibleegg.org)



# Come back to life.



At Ashley, we use every innovative tool available to help you overcome your substance use disorder so you can find your way back to health and happiness.

**Our programs offer:**

- Individualized care
- Innovative treatment
- Integrated approach

**Everything for recovery because recovery is everything.**



**Ashley**  
Addiction Treatment

800.799.HOPE (4673)  
[AshleyTreatment.org](http://AshleyTreatment.org)



## The first step towards a good night's sleep

Test with the AccuSom Home Sleep Apnea Test in the comfort of your own bed

Visit [NovaSom.com](http://NovaSom.com) for more information



Planned Parenthood of Maryland

## MY CARE MY WAY



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Baltimore  
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Frederick  
Owings Mills  
Towson  
Waldorf

NOW OFFERING



Online appointment scheduling available  
OR CALL **410.576.1414**



Planned Parenthood of Maryland



@ppmaryland



@ppmaryland

### Maryland Law Gives Teens and Dependents The Right To Confidential Health Care

#### HEALTH SERVICES

- FDA-approved birth control methods including: IUDs and implants; hormonal contraceptives such as birth control pills, birth control patch, and Nuvaring; condoms; emergency contraception
- Preventive Care and pap tests
- Male and Female Sterilization Procedures
- Breast Exams and cancer screenings
- Pregnancy tests, options education, prenatal and adoption referrals, and abortion services
- HIV testing and education
- PrEP
- STI testing and treatment
- HPV vaccines
- Urinary tract infection treatment

#### EDUCATION & TRAINING

Our educators empower students, parents, teachers, professionals, and community members to make healthy and responsible decisions. Our programs are interactive, up-to-date, and medically accurate. **We offer:**

- The "Get Real" Evidence-Based Comprehensive Sexuality Education Program for middle schools
- Fact-based workshops for middle school, high school and college students
- Teen Peer Education Program
- Monthly Teen Talks
- Training for agencies and social service professionals
- Parent and community workshops

**We Accept Most Insurances Including Maryland Medicaid.**



Disclaimer:  
This content is solely the responsibility of PPM and does not necessarily represent the official view of the Baltimore City Health Department.

[PlannedParenthood.org/Maryland](http://PlannedParenthood.org/Maryland)

**410.576.1414**



# WAKE UP! Baltimore!



Megan Gilliland

Tom Rodgers

Patrice Sanders

Jonathan Myers

Candace Dold



**WEEKDAYS 4:30am - 10am**

**DISCOVER WHAT'S BEST ABOUT BALTIMORE!**



**BMORE**  
*Lifestyle*

**YOUR CITY, YOUR LIFE!**

**WEEKDAYS AT 2:30PM ON**







OLD TYME.

**Tastes Great & Great For You**

647

647 bread is :

- 6 net carbs
- 40 calories
- 7 grams net fiber per serving.



**Our products can be found  
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**SAFEGWAY**



**SHOPPERS**

**Redner's**  
WAREHOUSE MARKETS  
Serving Our Local Communities Since 1970

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**Harris Teeter**  
Neighborhood Food & Pharmacy



**The talk of Baltimore!**

**THE REAL** 12:00 pm



**Wendy** 1:00 pm  
THE WENDY WILLIAMS SHOW

**WEEKDAYS**

**Do you feel like you are missing out on the conversation?**

**Connect with Maryland Relay.**

**Multiple Calling Options**

For anyone who has difficulty using a standard telephone

**Captioned Telephone**

Displays every word your caller says, as you listen

**Maryland Accessible Telecommunications (MAT) program**

Assistive equipment provided to qualified applicants

**Get a FREE evaluation to find a solution that's right for you.**

Call **800-552-7724** or **410-767-6960** (Voice/TTY)  
443-453-5970 (Video Phone) or visit [mdrelay.org](http://mdrelay.org)  
to get started.





# Find the words that lead to your wellness

Join Kaiser Permanente at the  
**B'More Healthy Expo, March 18**

We're here to help your mind and body thrive.  
Stop by and visit our:

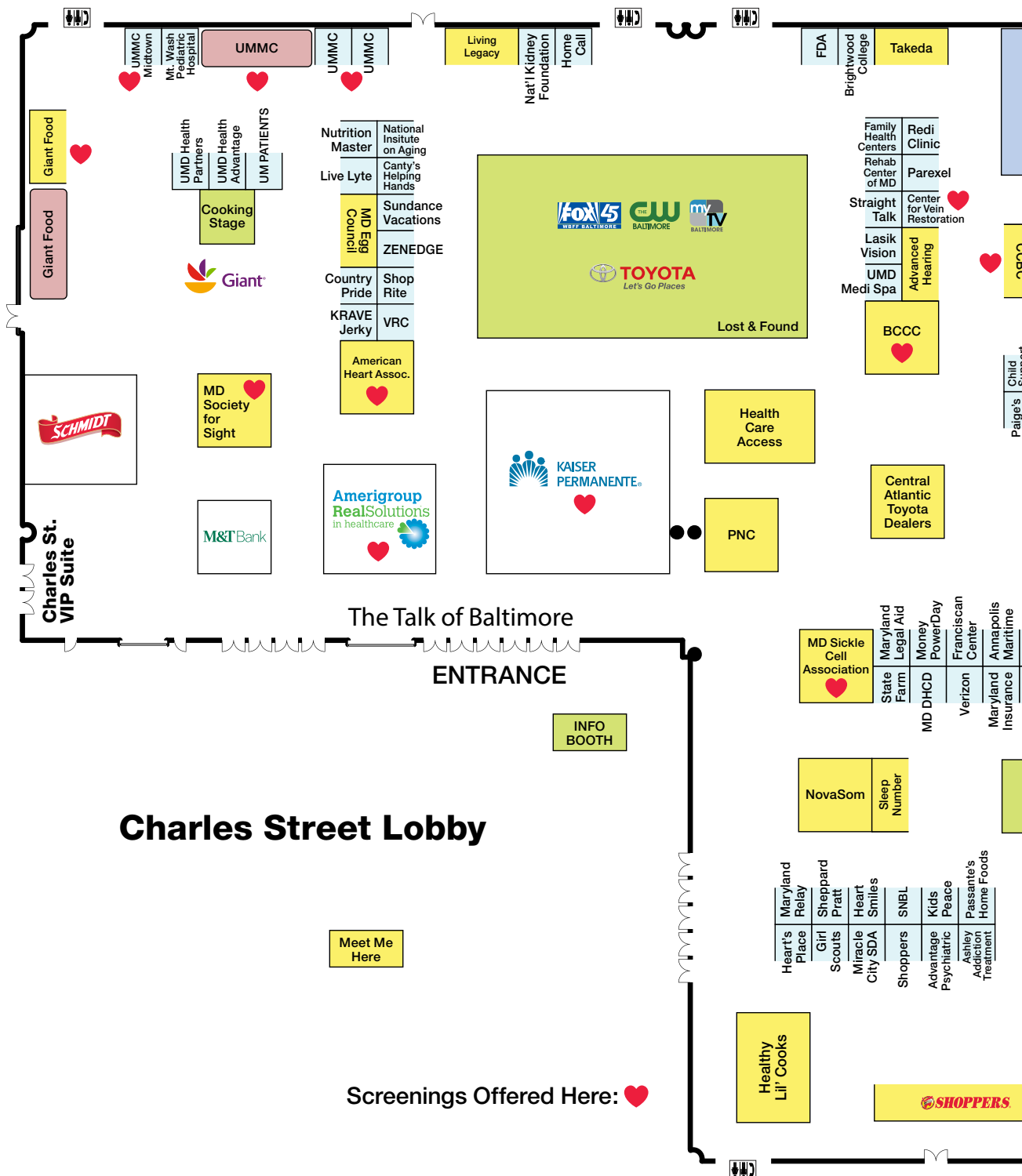
- Mobile Health Vehicle
- Yoga station
- Relaxation lounge

KAISER PERMANENTE®  **thrive**

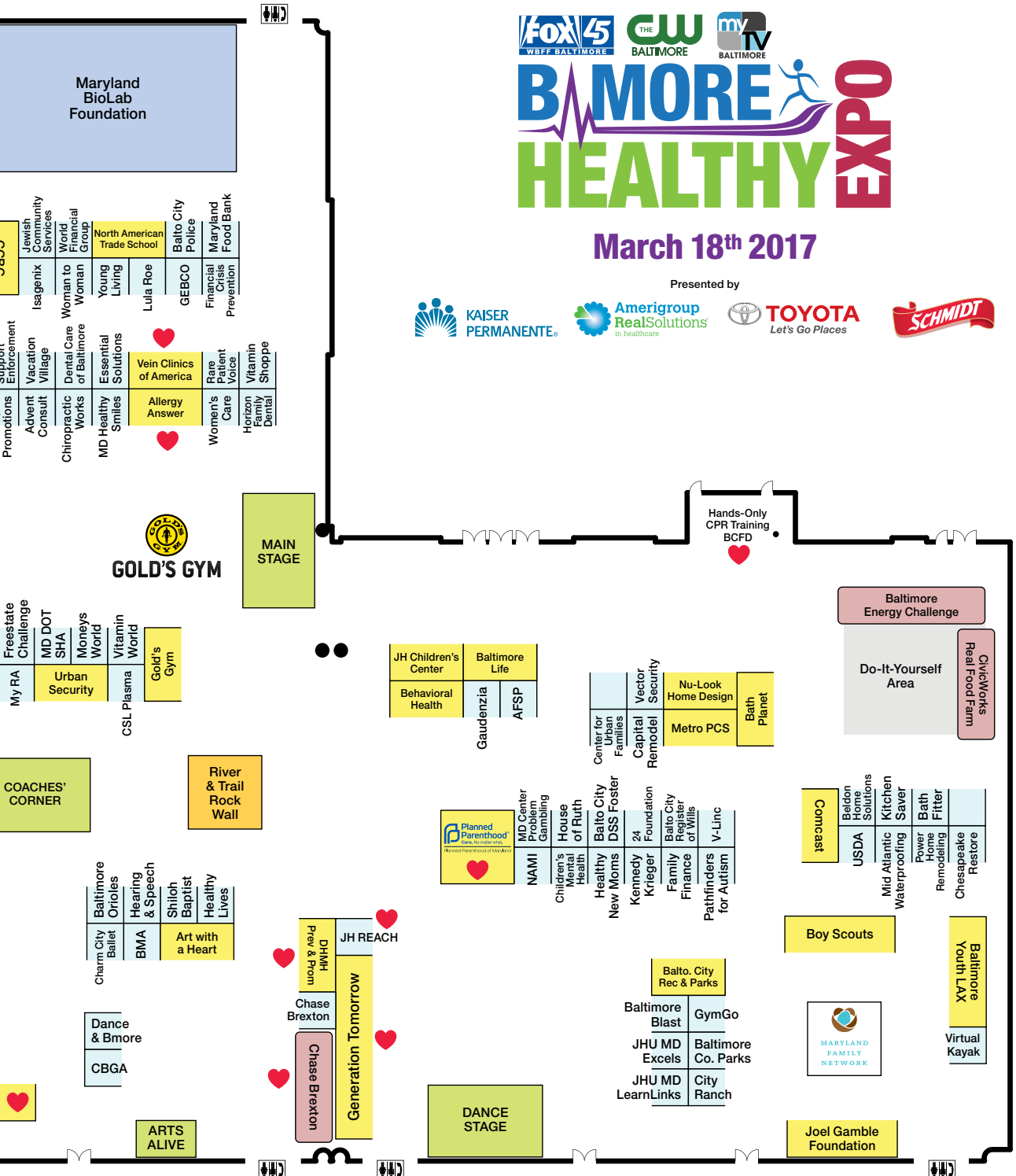
Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
2101 E. Jefferson St., Rockville, MD 20852

60577308 MAS 1/1/17-1/1/19





# B'More Healthy Expo Map



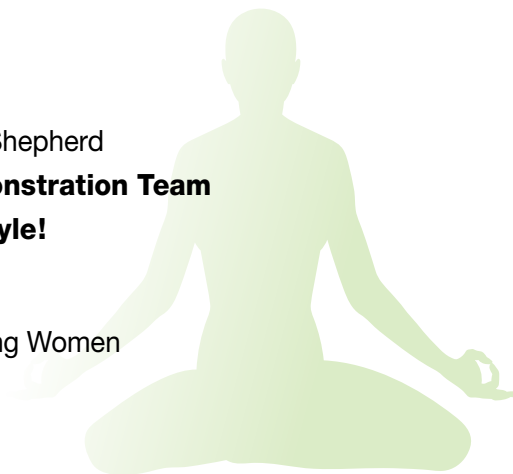
## MAIN STAGE

Presented by



**GOLD'S GYM**

- 10:30 am **Praisercise**  
Calvary Baptist Church
- 11:15 am **Yoga Anywhere**  
Prisna Anderson from Kaiser Permanente
- 11:50 am **ROH World Champion**  
The Briscoe Brothers
- 12:00 pm **Fitness for Families**  
Chauncey Whitehead and Ernestine Shepherd
- 12:45 pm **Spartan Mixed Martial Arts Demonstration Team**
- 1:30 pm **Dance and Fitness—Baltimore Style!**  
CrankedUp Cardio
- 2:15 pm **Step Team**  
Baltimore Leadership School for Young Women
- 3:00 pm **So XtraFIT by Keishawna**  
American Heart Association
- 4:00 pm **TwirlTasTix**  
Baton Twirling



## COACHES' CORNER

- 10:45 am **Zumba for Kids**  
with Miss J's Jammers
- 11:30 am **Boxing**  
Baltimore City Recreation & Parks
- 12:15 pm **Step**  
Baltimore Leadership School for Young Women
- 1:00 pm **Lacrosse**  
Baltimore Youth Lacrosse League
- 1:30 pm **Baseball Tips**  
Baltimore Oriole Alumni Al Bumbry
- 1:45 pm **Soccer Tips**  
with The Baltimore Blast
- 2:30 pm **Martial Arts**  
Spartan Martial Arts
- 3:15 pm **Basketball**  
Premiere Basketball Training
- 4:00 pm **Dance/Cheerleading**  
CJE Dance/Cheer Team





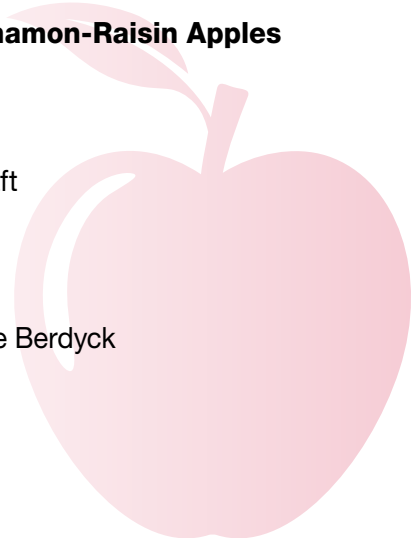
# Stage Schedules

## WHAT'S COOKING

Presented by

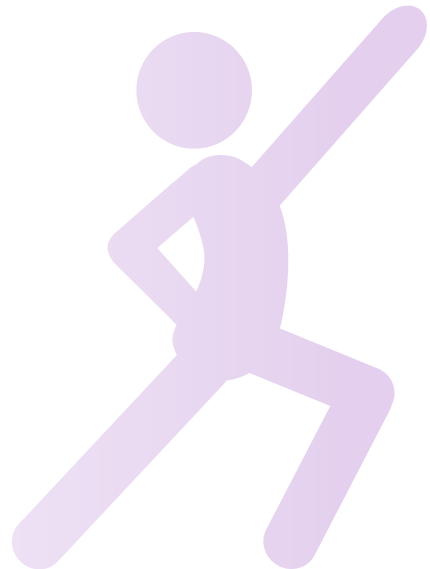


- 11:00 am **Apple Walnut Salad with Mervo Mustang Vinaigrette and Chick Pea Fritters**  
Mervo Culinary Arts ProStart Program
- 11:45 am **Adding Flavor For Life featuring Warm Cinnamon-Raisin Apples**  
Tia Berry, Simple Cooking with Heart Kitchen  
American Heart Association
- 12:30 pm **Sweet & Savory Snack Bites**  
Giant Food Nutritionists Mandy Katz & Emily Craft
- 1:15 pm **Healthy Spring Steak Salads**  
Chef Bryan Sullivan, Sullivan's BBQ Catering
- 2:00 pm **Build a Better Salad**  
Giant Food Nutritionists Nina El-Chebli & Melanie Berdyck
- 2:45 pm **"Eating for a Healthy Heart"**  
Chef Manny Robinson, Maryland Food Bank
- 3:30 pm **Healthy Easter Family Favorites**  
Healthy Little Cooks
- 4:15 pm **"Turnip the Flavor"**  
Real Food Farms and AmeriCorps



## DANCE STAGE

- 11:00 am **Line Dancing**  
DAMP - Dance Away My Pain
- 11:45 am **Clogging**  
Carroll County Cloggers
- 12:30 pm **"Line Dance to Fitness Fun"**  
Spirit Feet
- 1:15 pm **Ballet and Tap**  
Charm City Ballet
- 2:00 pm **African Dance and Drumming**  
ConneXions
- 2:45 pm **Indian Art Dance**  
Thapasya School of Dance
- 3:30 pm **Hot Hula Fitness® with Kirsten**  
Meki's Tamure Polynesian Dance Group
- 4:15 pm **Just Dance**  
Dance Baltimore

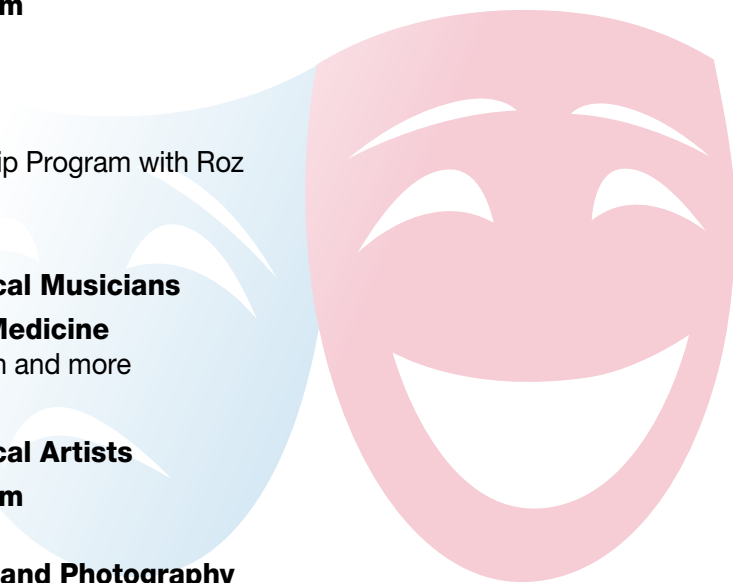




# Stage Schedules

## ARTS ALIVE! STAGE

- 10:15 am **Laughter is Good Medicine**  
Comedian Mike Smith
- 10:30 am **FazaFam Family Jam**  
Dance & Bmore
- 10:45 am **Magic Act**
- 11:15 am **Theater Games**  
AMP - Arts Mentorship Program with Roz
- 11:30 am **Community Sing**  
Leah Gilmore
- 12:00 pm **GBCA presents Local Musicians**
- 12:30 pm **Laughter is Good Medicine**  
Comedian Mike Smith and more
- 12:45 pm **Spoken Word**
- 1:00 pm **GBCA presents Local Artists**
- 2:00 pm **FazaFam Family Jam**  
Dance & Bmore
- 2:30 pm **The Art of Fashion and Photography**  
Jazzy Studios
- 3:00 pm **GBCA presents Local Artists**
- 3:30 pm **Broadway Live - Fun and Games**  
CJay and Company



# THANKS FOR COMING!



**SEE YOU NEXT YEAR**  
**SATURDAY**  
**MARCH 3, 2018**

[bmorehealthyexpo.com](http://bmorehealthyexpo.com)



# 2017 Exhibitors

**24 Foundation**  
24foundation.org  
714-365-4417

**Advanced Hearing Group**  
hearingclinicsofMD.com  
410-582-8981

**Advantage Psychiatric Services, LLC**  
advantagepsyc.com  
410-686-3629

**Advent Consulting**  
adventhealthca.com  
401-391-4000

**Allergy Answer**  
allergyanswer.in  
908-834-8501

**American Foundation for Suicide Prevention**  
afsp.org/Maryland  
212-363-3500

**American Heart Association**  
heart.org  
410-246-6726

**Amerigroup Community Care**  
myamerigroup.com  
1-800-600-4441

**Annapolis Maritime Museum**  
amaritime.org  
410-295-0104

**Art with a Heart**  
artwithaheart.net  
410-366-8886

**Ashley Addiction Treatment**  
ashleytreatment.org  
800-799-4673

**Baltimore Area Council Boy Scouts of America**  
baltimorebsa.org  
443-573-2500

**Baltimore CASH Money Power Day**  
baltimorecashcampaign.org/  
Money-Power-Day.aspx  
443-692-9487

**Baltimore City Community College Health Professions**  
bccc.edu  
410-462-8300

**Baltimore City Police Dept.**  
baltimorepolice.org  
410-396-2340  
1-877-PRIDE PD

**Baltimore City Recreation and Parks**  
bcrp.baltimorecity.gov  
410-396-7900

**Baltimore Museum of Arts**  
artbma.org  
443-573-1700

**Baltimore Orioles**  
orioles.com  
888-848-BIRD

**Baltimore Urban Area Security Initiative**  
readysetgood.org  
410-732-9564

**Baltimore Youth Lacrosse League**  
baltimoreyouthlax.com  
443-682-0558

**Bath Fitter**  
Bathfitter.com  
301-317-6080

**Bath Planet of Baltimore**  
callwinstar.com  
410-360-0058

**Behavioral Health Administration**  
bha.dhmh.maryland.gov/  
410-767-6500

**Beldon Home Solutions-Leafguard of MD & NVA**  
beldondc.com  
240-568-0010

**Canty's Helping Hands Home Care Services, LLC**  
cantyshelpinghands.com  
410-449-0244

**Capital Remodeling**  
capitalremodeling.com  
1-800-939-0728

**Carroll County Cloggers**  
carrollcountycloggers.com  
**CCBC School of Health Professions**  
www.ccbcmd.edu/shp  
443-840-1989

**Center for Vein Restoration**  
centerforvein.com  
1-800-FIX-LEGS

**Central Atlantic Toyota Dealers Advertising Association**  
buyatoyota.com

**Charm City Ballet**  
charmcityballet.com  
443-290-8806

**Chase Brexton Health Care**  
chasebrexton.org  
410-837-2050 X 8813

**Chesapeake ReStore**  
chesapeakerestore.org  
410-633-0506

**Child Support Enforcement Administration**  
DHR.Maryland.gov  
1-800-332-6347

**Children's Mental Health Matters**  
childrensmentalhealthmatters.org  
443-901-1550

**Chiropractic Works**  
chiropracticworksbbaltimore.com  
410-992-4341

**City Ranch**  
thecityranch.org  
410-456-2195

**CivicWorks**  
civicworks.com  
410-366-8533

**Comcast**  
xfinity.com  
1-800-XFINITY

**ConneXions: A Community Based Arts School**  
443-984-1420

**Cranked Up Cardio**  
crankedupcardio.com  
202-430-LIHK

**Creative Kidds and Company**  
creativekiddsandcompany@yahoo.com  
843-245-4479

**Country Pride Food Services**  
countrypridefoods.com  
410-549-2110

**Dance & Bmore**  
danceandbmore.com  
410-871-8322

**Dance Baltimore, Inc.**  
dancebaltimore.org  
410-370-8994

**Dental Care of Baltimore**  
georgeevansdds.com  
410-922-1601

**Essential Solutions with Oils**  
mydoterra.com  
/essentialsolutionswithoils  
877-235-8864

**Family Finance**  
InvestingIsImportant.com  
443-535-5798

**Family Health Centers of Baltimore, Inc**  
FHCb.org  
410-354-2000

**Financial Crisis Prevention Center**  
tfpcpc.com  
202-438-9076

**Franciscan Center**  
fcbmore.org  
410-467-5340

**Freestate Challenge Academy**  
freestatemil.maryland.gov  
1-800-820-6692

**Gaudenzia**  
gaudenzia.org  
443-423-1500



**GEBCO Insurance**

GoGebco.com  
800-Go-Gebco

**Generation Tomorrow-  
Johns Hopkins University**

hopkinscfar.org  
/baltimore-hiv-collaboratory  
/generation-tomorrow  
410-614-1020

**Generation Tomorrow-  
Sisters Together and  
Reaching**

sisterstogetherandreaching  
.org  
410-276-8698

**Generation Tomorrow-  
JHU Center for AIDS  
Research**

hopkinsmedicine.org/Medicine  
/viralhep/patientcare  
410-583-2736

**Giant Food**

giantfood.com

**Girl Scouts of Central  
Maryland**

gscm.org  
410-358-9711

**Gold's Gym**

Goldsgym.org  
410-636-5900

**gymGO**

gymgo.com  
410-312-5580

**HealthCare Access  
Maryland**

hcamaryland.org  
410-649-0521

**Healthy Little Cooks**

HealthyLittleCooks.com  
202-369-1792

**Healthy Lives Maryland,  
LLC**

healthylivesmaryland.com  
443-219-7901

**Healthy New Moms-  
MHAMd**

healthynewmoms.org  
443-901-1550 X215

**Heart's Place Service, Inc**

feedinghomelesschildren.org  
410-889-6277

**Home Call**

lhcgroupp.com  
410-644-0105

**Horizon Family Dental Care**

horizonfamilydentist.com  
410-799-9998

**Hot Hula fitness™  
with Kirsten**

410-236-1946

**House of Ruth Maryland**

Hruth.org  
24Hr Hotline: 410-889-7884

**Isagenix**

http://kdragos.isagenix.com  
240- 418-3026

**Johns Hopkins  
Children's Center**

hopkinschildrens.org  
410-955-9382

**Johns Hopkins University  
Maryland EXCELS**

Marylandexcels.org

**Johns Hopkins University  
Maryland Learning Links**

marylandlearninglinks.org

**Kaiser Permanente**

kp.org  
301-816-2424

**KidsPeace**

kidspeace.org  
410-964-9329

**Kitchen Saver**

kitchensaver.com  
800-427-0108

**KRAVE Jerky**

kravejerky.com  
401-688-0053

**Lake Roland and Oregon  
Ridge Nature Center**

lakeroland.org  
oregonridgenaturecenter.org  
410-887-4156  
410-887-1815

**LuLaRoe**

Facebook.com  
/LuLaRoeMelissaCronshaw  
410-924-3530

**M&T Bank**

mtb.com

**MdBio Foundation**

mdbiofoundation.org  
240-243-4026

**Maryland Center of  
Excellence on Problem  
Gambling**

mdproblemgambling.com  
667-214-2120

**Maryland Dept. of  
Transportation's State  
Highway Administration**

roads.maryland.gov

**Maryland Egg Council**

incredibleegg.org  
410-841-5769

**Maryland Facial Plastic  
Surgery and Medical Spa**

umm.edu/facialplasticsurgery  
667-214-1SPA (1772)

**Maryland Family  
Network**

marylandfamilynetwork.org  
410-659-7701

**Maryland Food Bank**

mdfoodbank.org  
410-737-8282

**Maryland Insurance  
Administration**

insurance.maryland.gov  
410-468-2255

**Maryland Legal Aid**

mdlab.org  
410-951-7777

**Maryland Relay**

mdrelay.org  
800-552-7724

**Maryland Society for  
Sight**

mdsocietyforsight.org  
410-243-2020

**MD Healthy Smiles  
Dental Program**

member.mdhealthysmiles.com  
1-855-934-9812

**Meki's Tamure  
Polynesian Dance Group**

410-598-2345

**Mervo Culinary Arts  
ProStart Program**

marylandrestaurants.com  
/prostart

**MetroPCS Baltimore/  
Washington DC**

metropcs.com

**Mid-Atlantic  
Waterproofing**

basements.com  
1-800-MID-ALTA

**Miracle City SDA Church**

miraclecitychurch.org  
410-368-9294

**Mt. Washington Pediatric  
Hospital**

mwph.org  
410-578-8600

**myRA**

myra.gov  
855-406-6972

**NAMI Metropolitan  
Baltimore**

namibaltimore.org  
410-435-2600

**National Institute on  
Aging**

nia.nih.gov  
410-350-3941

**National Kidney  
Foundation of Maryland**

kidneymd.org  
410-494-8545

**North American  
Trade Schools**

natradeschools.edu  
410-298-4844

**NovaSom**

novasom.com  
1-877-753-3776

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877-617-8839

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homefoodsolutions.com  
800-772-7786

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**University of Maryland School of Pharmacy**  
patients.umaryland.edu  
410-706-3839

**Planned Parenthood of Maryland**  
plannedparenthood.org/maryland  
410-576-1414

**PNC Bank**  
pnc.com  
410-237-5379

**Power Home Remodeling**  
powerhr.com  
610-874-5000

**Praisercise-Calvary Baptist Church**  
410-298-3944

**Rare Patient Voice**  
rarepatientvoice.com  
410-218-0527

**Register of Wills-Baltimore City**  
registers.maryland.gov  
410-752-5131

**Rehab Center of Maryland, LLC**  
dabbsrehab.com  
410-720-5555

**Schmidt Baking Company**  
schmidtbaking.com  
410-558-3025

**Sheppard Pratt Health System**  
sheppardpratt.org  
410-938-3000

**Shiloh Baptist Church of Baltimore County**  
shilohedgemere.org  
410-477-8886

**Shoppers Food & Pharmacy**  
shoppersfood.com  
301-306-8600

**ShopRite**  
shoprite.com  
1-800-SHOPRITE

**Sleep Number Corporation**  
sleepnumber.com  
763-551-7000

**SNBL Clinical Pharmacology Center**  
snbl-cpc.com  
410-706-8833

**Spartan Mixed Martial Arts**  
spartanmma.us  
410-750-8000

**Spirit Feet, LLC**  
spirit-feet.com  
443-928-0561

**State of Maryland- Dept of Health & Mental Hygiene Prevention and Health Promotion Administration**  
phpa.dhmmh.maryland.gov

**Straight Talk with Mike Gimbel**  
410-935-6906

**Sullivan's BBQ Catering**  
sullivanssbbqcatering.com  
443-465-1715

**Sundance Vacations**  
sundancevacations.com  
570-820-0900

**Thapasya School of Dance**  
thapasya.org  
443-254-7668

**The Baltimore City DSS Foster Adoption Recruitment Program**  
bcdss@maryland.gov  
443-423-5537

**The Baltimore Life**  
baltlife.com  
410-581-6600

**The Hearing and Speech Agency**  
hasa.org  
410-318-6780

**The Joel Gamble Foundation**  
thejoelgamblefoundation.org  
410-302-3019

**The Lasik Vision Institute**  
lasikvisioninstitute.com  
240-355-4040

**The Living Legacy Foundation of MD**  
TheLLF.org  
410-242-7000

**The Maryland School for the Blind**  
MarylandSchoolForTheBlind.org  
410-444-5000 X 1207

**The Maryland Sickle Cell Disease Association**  
marylandsicklecelldisease.org  
410-465-4822

**The REACH Initiative of The Johns Hopkins University School of Nursing**  
410-502-3101

**Therapeutic Foster Care at Kennedy Krieger Institute**  
fosterahero.org  
443-923-3811

**TwirlTasTix Baton Twirling**  
Twirltastix.shutterfly.com  
410-937-2426

**UMMS**  
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410-328-8402

**University of Maryland Health Advantage**  
ummedicareadvantage.org  
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Feb 15-Sept 30: 8am-8pm M-F

**University of Maryland Health Partners**  
umhealthpartner.com  
410-779-9369  
1-800-730-8530 TTY 711

**University of Maryland Medical Center Midtown Campus**  
umm.edu/midtown  
410-335-8000

**V-LINC Special Solutions for Special Needs**  
v-linc.org  
410-554-9134

**Vacation Village Resorts**  
vacationvillageresorts.com  
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vectorsecurity.com  
800-688-0150

**Vein Clinics of America**  
Veinclinics.com  
1-844-308-8346

**Vitamin Shoppe**  
VitaminShoppe.com

**VRG**

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w2naturals.com  
1-855-642-7177

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womenscarecenter.org  
667-401-0700

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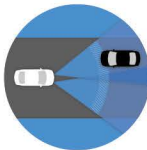
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