

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

# Find the words that lead to your wellness

Join Kaiser Permanente at the  
**B'More Healthy Expo, March 3**

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

- Mobile health vehicle
- Yoga station
- Guided relaxation exercises

KAISER PERMANENTE®  **thrive**



# Welcome

Welcome to the 9th Annual **B'More Healthy Expo!** 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, Family Meal Time Zone and Healthy Little Cooks Flavor for Life exhibit and learn how you can prepare healthy, tasty meals. 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 center.

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

And thanks to you 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

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

Your **FOX45** News Team

Weather Authority  
Video Experience

**Fresh, Healthy Foods**

**Food Safety  
Discovery Zone**

**Cooking Lessons  
for Children**

**Healthy Neighborhoods  
Zone**

**Got Game?  
Visit the  
Coaches' Corner**

**Let's Play! Zone**

**...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.

FUTHERMORE, 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](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 2/2/18. 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).





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\*Due to legal constraints, this free consultation offer cannot be extended to Medicare or Medicaid beneficiaries, or other recipients of federal or state health care benefit programs. Offer expires December 31, 2018. Consultation must occur on or before December 31, 2018. This offer is valid at all VCA Baltimore area locations. One free consultation per person during the promotional period. New patients only. Not redeemable for cash.



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

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

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1. Visiting the Donate Life booth.
2. Texting "DonateLife" to 313131.
3. Visiting [www.donatelifemd.org](http://www.donatelifemd.org).



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\*OPTIONS AND AMENITIES MAY VARY. OTHER FEES MAY APPLY.  
SEE CLUB FOR DETAILS.



# WAKE UP Baltimore!



Jonathan Myers

Megan Gilliland

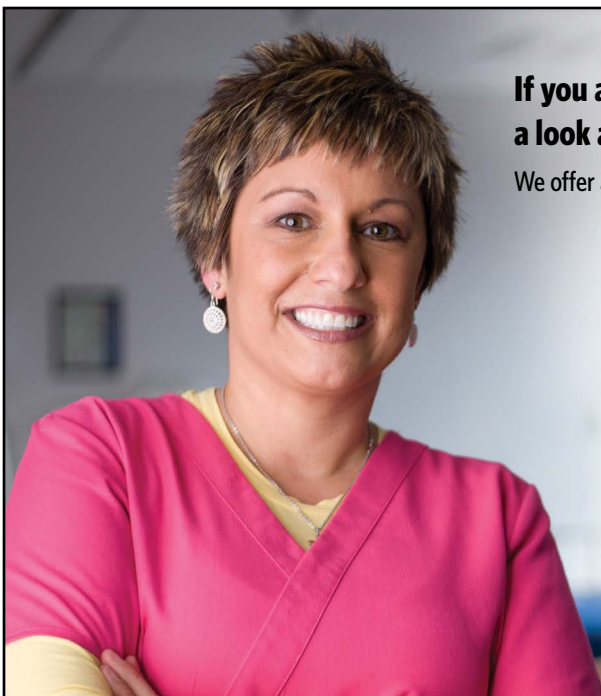
Patrice Sanders

Tom Rodgers

Candace Dold



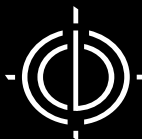
**All Local. All Morning.**  
**WEEKDAYS 4:30am - 10am**



**If you are thinking about a career in healthcare, take a look at the CCBC School of Health Professions!**

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



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**EXPERTS**

*in **orthopaedic**  
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NCTSN  The National Child  
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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**

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- Anxiety
- Acting out
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- Depression
- Family stress

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. Posed by model.



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# PROJECT BALTIMORE

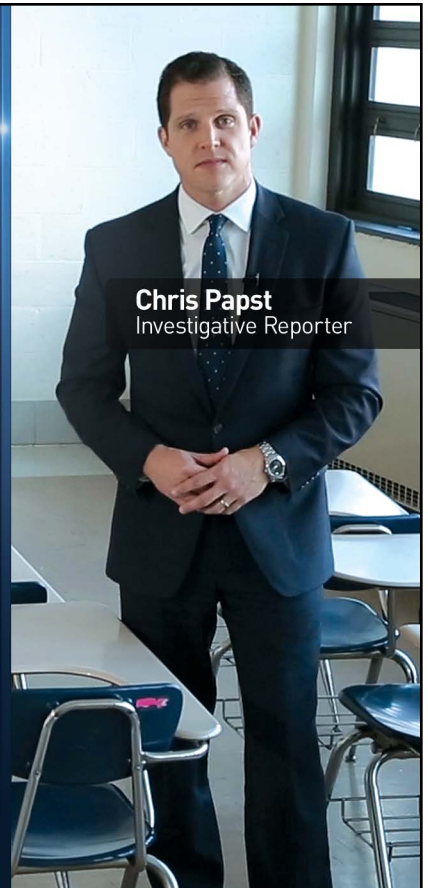
Our Goal is to Help  
**SAVE OUR  
SCHOOLS**

Got a tip?

410-921-9053

ProjectBaltimore@FOXBaltimore.com

**FOX**baltimore.com



**Chris Papst**  
Investigative Reporter

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For more information  
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us at 410-462-8300 or  
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 **SAVE**

See the savings add up at the register!

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**W**hat'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!

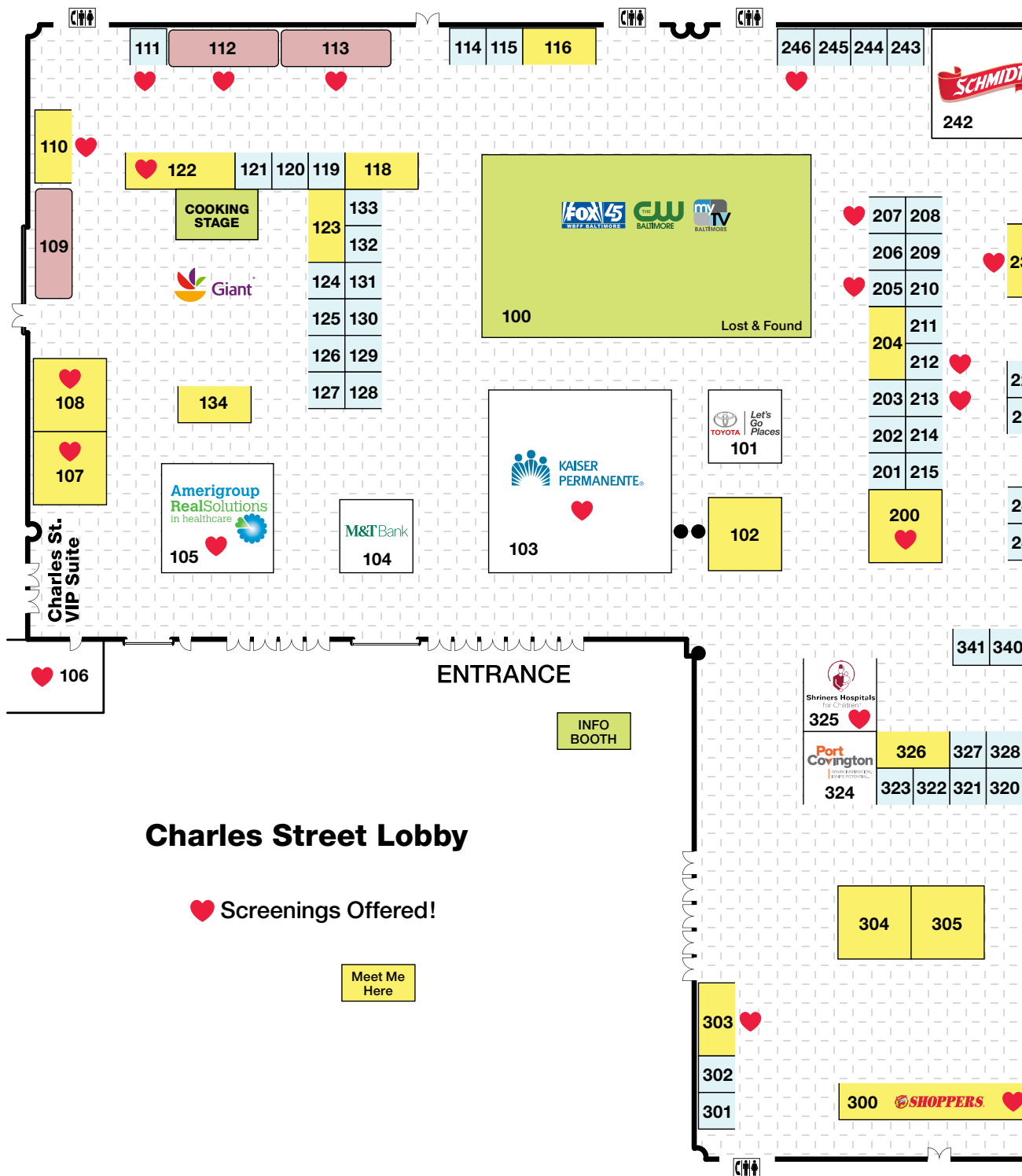
MARYLAND



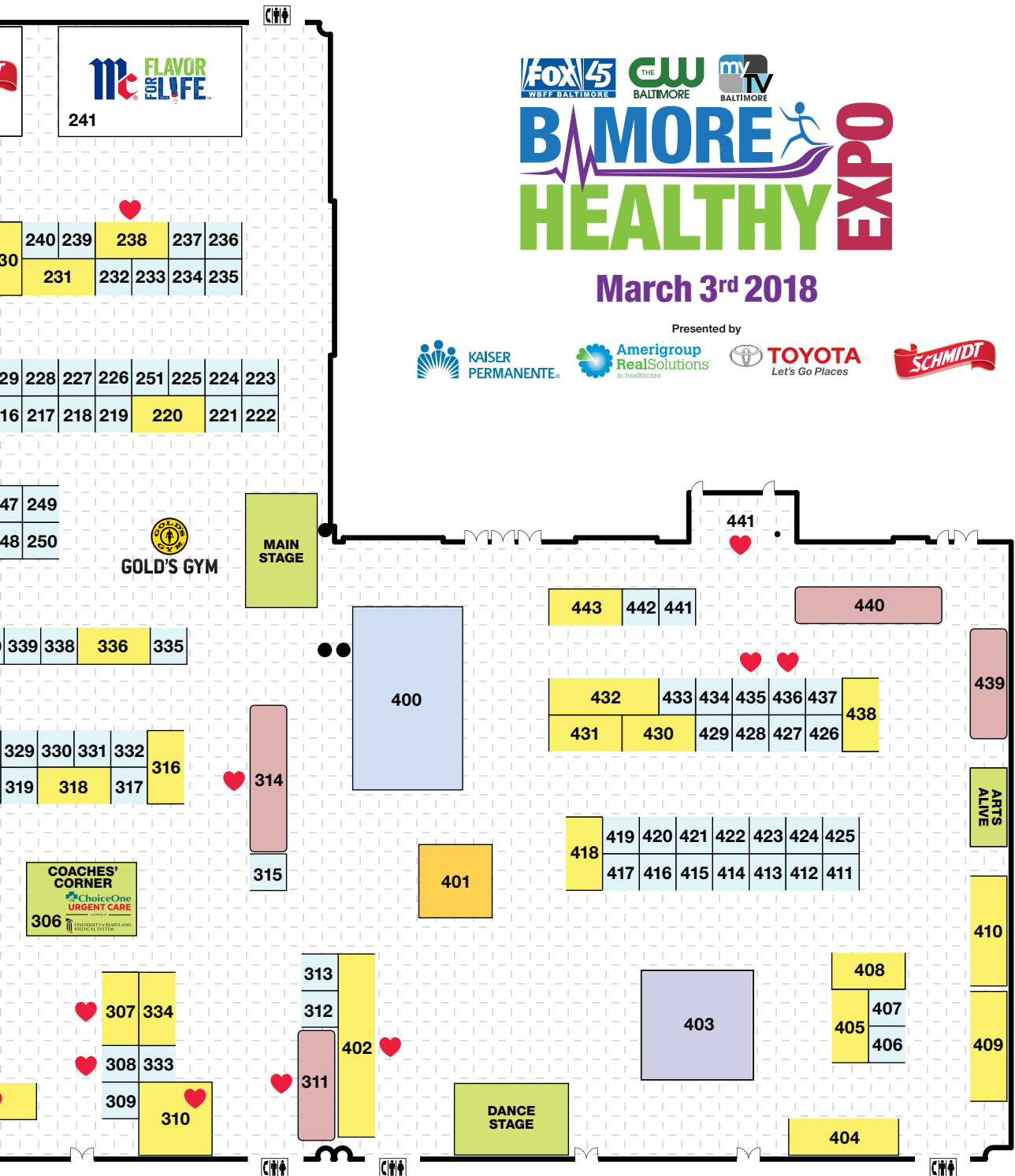
*Egg Council, Inc.*

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





# B'More Healthy Expo Map



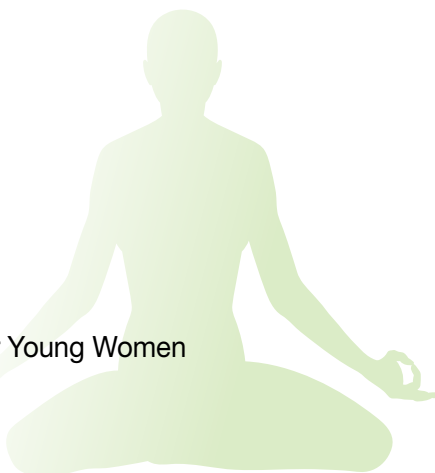
## MAIN STAGE

- 10:30 am Praisercise**  
 Calvary Baptist Church
- 11:15 am Team Training**  
 Gold's Gym
- 12:00 pm Precision Team Jump Rope**  
 Kangaroo Kids
- 12:45 pm Dance & Be Fit! ...Baltimore Style**  
 Cranked Up Cardio
- 1:30 pm Martial Arts Team Demonstrations**  
 U.S. Tae Kwon Do Karate School
- 2:15 pm Step Team**  
 S.T.O.M.P. & Baltimore Leadership School for Young Women
- 3:00 pm Yoga Bursts with Prisna Anderson**  
 Kaiser Permanente
- 3:45 pm Strong by Zumba™**  
 Karen Sterling

Presented by



**GOLD'S GYM**



## COACHES' CORNER

- 11:30 am Boxing**  
 Leah Butler & Calvin Ford (Upton Boxing)  
 Baltimore City Recreation & Parks
- 12:15 pm Football**  
 The Joel Gamble Foundation
- 1:00 pm Precision Jump Rope**  
 Kangaroo Kids
- 1:30 pm Lacrosse**  
 Baltimore Youth Lacrosse League
- 2:00 pm Basketball**  
 Premiere Basketball
- 2:30 pm Martial Arts**  
 Spartan Martial Arts
- 3:15 pm Step**  
 S.T.O.M.P.
- 4:00 pm Soccer**  
 Tim Almaguer  
 Baltimore City Recreation & Parks

Presented by



a partner of





# Stage Schedules

## WHAT'S COOKING

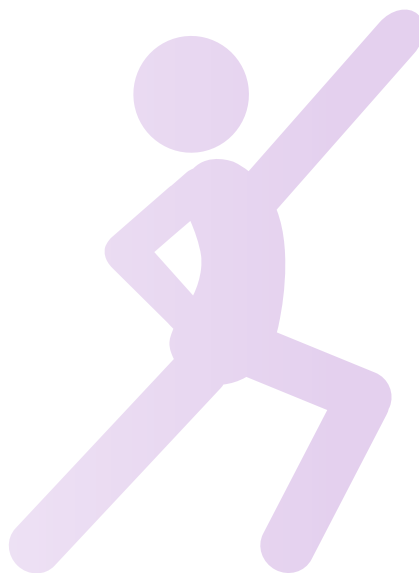
Presented by



- 11:00 am **Oyster Mushroom Po' Boy  
with Mervo Mustang Aioli Sauce,  
Coleslaw & Zucchini Fries w/Mango Ketchup**  
Mervo Culinary Arts ProStart Program
- 11:45 am **Harvest Beet Salad**  
Executive Chef Manny Robinson  
Maryland Food Bank FoodWorks Program
- 12:30 pm **Great Food Made Easy: Chicken Tortilla Soup**  
Mandy Katz, MS, RD, LDN & Melanie Berdyck, RDN, LDN, ACSM-CPT  
Nutritionists, Giant Food
- 1:15 pm **Simple Cooking with Heart**  
Chef Egg  
American Heart Association
- 2:00 pm **Easy Kid-Created Recipes**  
McCormick Flavor For Life and Healthy Little Cooks
- 2:45 pm **Great Food Made Easy: Chicken and Rice Casserole**  
Emily Craft, RDN, CSP, LDN & Nina El-Chebli, RD, LDN  
Nutritionists, Giant Food
- 3:30 pm **Perfect Portions: Healthy Eating for Kids**  
Michelle Demeule, Kate Hogan and Coleman Manning  
Mt. Washington Pediatric Hospital

## DANCE STAGE

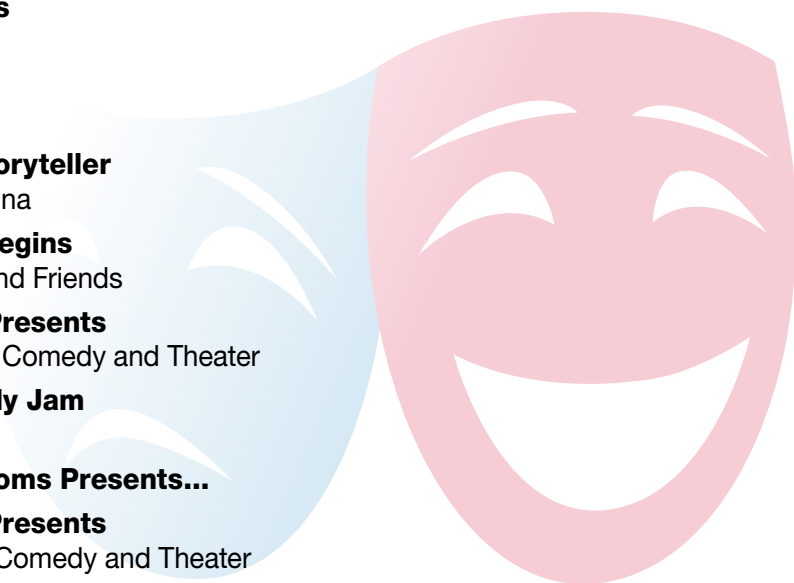
- 11:00 am **Line Dancing**  
Spirit Feet
- 11:45 am **Clogging**  
Carroll County Cloggers
- 12:30 pm **Hot Hula Fitness® with Kirsten**
- 1:15 pm **Hip Hop**  
Baltimore Dance Crews Project
- 2:00 pm **West African Dance**  
ConneXions West African Dance Ensemble
- 2:45 pm **Modern, Ballet and Tap**  
The Carroll School of Dance
- 3:30 pm **Indian Art Dance**  
Thapasya School of Dance



# Stage Schedules

## ARTS ALIVE! STAGE

- 10:30 am **FazaFam Family Jam**  
Dance & Bmore
- 10:45 am **Theater Games**  
AMP Camp
- 11:15 am **Read A Book**  
AMP Camp
- 11:20 am **Community Storyteller**  
Grandmother Edna
- 11:30 am **The Journey Begins**  
Winston Philip and Friends
- 12:00 pm **Motor House Presents**  
Broadway Live!, Comedy and Theater
- 12:45 pm **FazaFam Family Jam**  
Dance & Bmore
- 1:00 pm **Living Classrooms Presents...**
- 2:00 pm **Motor House Presents**  
Broadway Live! Comedy and Theater
- 2:30 pm **The Art of Fashion**  
Jazzy Studios
- 3:00 pm **Arts Alive Artists**



# THANKS FOR COMING!



**SEE YOU NEXT YEAR**  
**SATURDAY**  
**MARCH 16, 2019**

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

# BMORE *Lifestyle*

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



CHARDELLE  
MOORE

CHRISTINA  
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TUESDAY 9PM





**20/20 GeneSystems**

★208  
onetestforcancer.com  
240-453-6339

**Advanced Hearing Group**

★436  
hearingclinicsofMD.com  
877-361-0100

**Aetna  
Better Health of Maryland**

★341  
aetnabetterhealth.com  
/Maryland  
443-457-5314

**Agape Health Systems**

★246  
410-362-1600

**American Heart  
Association**

★307  
heart.org  
410-685-7074

**American Kidney Fund**

★303  
kidneyfund.org  
1-800-638-8299

**American Renal  
Associates**

★302  
americanrenal.com  
202-636-9411

**Amerigroup  
Community Care**

★105  
myamerigroup.com  
1-800-600-4441

**Art With A Heart**

★438  
artwithaheart.net  
410-366-8886

**Ava's Cosmetics**

★226  
avascosmetics.com  
845-464-8009

**Baltimore Area Council  
Boy Scouts of America**

★410  
baltimorebsa.org  
443-573-2509

**Baltimore City  
Community College**

★200  
bccc.edu  
410-462-8300

**Baltimore City  
Dept. of Transportation**

★432  
baltimorecitydot.gov  
443-865-0272

**Baltimore City  
Dept of Social Services  
Foster Care Adoption  
Services**

★330  
bmorefostercare.com  
410-685-8231

**Baltimore City Police Dept.  
Community Collaboration  
Division**

★429  
baltimorepolice.org  
410-396-2576

**Baltimore City Police Dept.  
Recruitment**

★223  
baltimorepolice.org  
410-396-2340

**Baltimore City  
Recreation & Parks**

★408  
bcrp.baltimorecity.gov  
410-396-6694

**Baltimore Dance Crews  
Project**

baltimoredcp.org  
410-419-1562

**Baltimore Energy Challenge**

★440  
baltimoreenergychallenge  
.org  
443-869-2614

**Baltimore Youth Lacrosse  
League**

★409  
baltimoreyouthlax.com  
443-682-0558

**Banner Hill Apts.**

★319  
bannerhillbaltimore.com  
667-207-2299

**Bath Fitter**

★227  
BathFitter.com  
1-800-594-8776

**Beldon Home**

★228  
Beldondc.com  
443-564-4040

**Blue Water Baltimore**

★326  
bluewaterbaltimore.org  
410-254-1577

**BODYARMOR Sports Drink**

★130  
Drinkbodyarmor.com  
302-588-7082

**Brightwood College**

★213  
brightwood.edu  
410-828-2600

**Capital Remodeling, Inc.**

★225  
capitalremodeling.com  
800-939-0728

**CASH Campaign  
of Maryland**

★328  
cashmd.org  
410-528-8006

**Center for Vein Restoration**

★212  
centerforvein.com  
800-FIX-LEGS

**Centers for Medicare  
& Medicaid Services**

★422  
cms.gov  
410-786-0761

**Central Atlantic  
Toyota Dealers Association**

★101  
buyatoyota.com

**Chase Brexton**

★311-312  
chasebrexton.org  
410-837-2050

**Children's Mental Health  
Matters**

★415  
childrensmentalhealth  
matters.org  
443-901-1500

**ChoiceOne Urgent Care**

★305  
choiceoneuc.com  
410-296-7190

**Cigna**

★310  
cigna.com  
800-997-1654

**Civic Works**

★439  
CivicWorks.com  
410-366-8533

**Colgate**

★314-315  
colgatebsbf.com  
212-310-2816

**Comcast/Xfinity**

★418  
Xfinity.com  
1-800-XFINITY

**Community Benefit  
Alliance**

★301  
communitybenefitalliance  
.com  
800-290-1021

**Community College  
of Baltimore County  
School of Health  
Professions**

★108  
ccbcmd.edu/shp  
443-840-1989

**Compass Programming  
at Roland Park Country  
School**

★405  
rpccs.org/compass  
410-323-5501



# 2018 Exhibitors

**ConneXions:**  
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Arts School, A Baltimore  
Teacher Network School  
connexionsbaltimore.org  
443- 984-1418

**Continental Clinical**  
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continentalclinical.com  
410-616-9566

**Cortiva Institute**  
★205  
cortiva.edu  
410-636-7929

**Country Pride Foods**  
★129  
countrypridefoods.com  
410-549-2110

**Cranked Up Cardio**  
crankedupcardio.com  
202-430-5445

**CSI Support  
& Development Services**  
★332  
csi.coop  
410-342-8003

**CVS Health**  
★115  
cvs.com  
1-800-SHOP-CVS

**Dance & Bmore**  
★426  
Danceandbmore.com  
410-871-8322

**Ed Block Courage Award  
Foundation**  
★433  
edblock.org  
410-821-6252

**Enoch Pratt Free Library**  
★318  
prattlibrary.org  
410-396-5430

**Farm Fresh  
Home Food Service**  
★124  
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.com  
410-513-9050

**FDA Center  
for Tobacco Products**  
★201  
FDA.gov/Tobacco  
1-877-287-1373

**Forbes Design Center**  
★231  
forbesdesigncenter.com  
410-252-1009

**Garden Lites™**  
★210  
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469-513-8787

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gaudenzia.org  
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**Generation Tomorrow  
Johns Hopkins University  
Center for AIDS Research  
Sisters Together  
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Johns Hopkins  
John G Bartlett  
Specialty Clinic**  
★402  
hopkinscfar.org  
/baltimore-hiv-collaboratory  
/generation-tomorrow  
443-287-1035

**Gold's Gym**  
★316  
goldsgymmaryland.com

**GIANT**  
★109-110  
giantfood.com

**Hardhead Diabetic, Inc.**  
★127  
hardheaddiabetic.com  
240-547-0611

**HCR Manor Care**  
★114  
hcr-manorcare.com  
443-413-6127

**Healthy Kitchen Jewels  
by Saladmaster**  
★126  
saladmaster.com  
301-595-5022

**Heart's Place Services, Inc.**  
★425  
feedinghomelesschildren  
.org  
410-889-6277

**Homespire**  
★224  
homespirewindows.com  
410-422-9669

**Hope Health Systems, Inc.**  
★211  
hopehealthsystems.com  
410-265-8737

**Hot Hula Fitness**  
http://fuegofit.wixsite.com  
/caloriekiller  
410-236-1946

**House of Ruth**  
★340  
hruth.org  
410-889-RUTH

**It Works!**  
★131  
NaturalGreenNutrition.com  
302-981-5736

**JACQUES Initiative**  
★111  
jacques.ihv.org

**Johns Hopkins Center  
for Immunization Research**  
★214  
Jhsph.edu/research  
/centers-and-institutes  
/center-for-immunization-  
research  
410-955-SAVE (7283)  
877-863-1374

**Johns Hopkins University  
Pulmonary Department  
Research**  
★207  
hopkinsmedicine.org/  
pulmonary/research/  
410-550-1505

**Johns Hopkins  
Center for Restless Legs**  
★333  
hopkinsmedicine.org  
/neurology\_neurosurgery  
/centers\_clinics  
/restless-legs-syndrome  
410-550-1046

**Jubilee Arts  
Youth in Business**  
★437  
jubileeartsbaltimore.org  
410-728-1199

**Kaiser Permanente**  
★103  
kp.org/thrive  
301-816-2424

**Kennedy Krieger Institute  
Department of Family  
& Community Interventions**  
★413  
kennedykrieger.org  
443-923-9200

**Kitchen Saver**  
★217  
kitchensaver.com  
800-427-0108

**LasikPlus**  
★209  
lasikplus.com/location  
/Baltimore-lasik-center  
855-401-2020

**LeafFilter  
Gutter Protection**  
★335  
leafilter.com  
800-290-6106

**Legacy Life**  
★329  
legacylifeagent.com/aandj  
443-604-0239  
443-876-4758

**M&T Bank**  
★104  
mtb.com

**Main Street Children's  
Dentistry & Orthodontics**  
★420  
mainstreetsmiles.com  
888-SMILE-99



**Maryland Addiction Recovery Center**

★202  
marylandaddictionrecovery.com  
410-773-0500

**Maryland Dept. of Housing & Community Development**

★322  
dhcd.maryland.gov  
301-429-7400

**Maryland Department of Transportation State Highway Administration**

★431  
roads.maryland.gov

**Maryland Egg Council**

★123  
incredibleegg.org  
410-841-5769

**Maryland EXCELS**

★403  
marylandexcels.org

**Maryland Food Bank FoodWorks**

★338  
mdfoodbank.org  
410-737-8282

**Maryland Healthy Smiles**

★412  
member.mdhealthysmiles.com  
855-934-9812

**Maryland Insurance Administration**

★320  
insurance.maryland.gov

**Maryland Learning Links**

★403  
marylandlearninglinks.org

**Maryland National Guard Freestate Challenge Academy**

★339  
freestatemail.maryland.gov  
443-301-2310

**Maryland Relay**

★423  
mdrelay.org  
800-552-7724  
443-453-5970 (video phone)

**Maryland Society for Sight**

★107  
mdsocietyforsight.org  
410-243-2020

**McCormick & Company, Inc.**

★241  
mccormickcorporation.com  
/Our-Commitment/Giving-Back

**Mental Health Association of Maryland**

★414  
mhamd.org  
443-901-1550

**Mervo Culinary Arts ProStart Program**

marylandrestaurants.com  
/prostart  
410-290-6800

**Metro PCS**

★220  
metropcs.com

**Mid-Atlantic Waterproofing**

★229  
basements.com  
301-206-9500

**Miracle City Church**

★411  
miraclecitychurch.org  
410-368-9294

**Motor House**

★427  
motorhousebaltimore.com  
410-637-8300

**Mount Washington Pediatric Hospital**

★121  
mwph.org  
410-578-8600

**National Institute on Aging**

★206  
nia.nih.gov  
410-350-3941

**National Kidney Foundation of Maryland and Delaware**

★308  
kidneymd.org  
410-494-8545

**New Secrets Tea**

★125  
newsecretstea.com  
443-470-9419

**NovaSom**

★304  
novasom.com  
1-877-753-3776

**Overeaters Anonymous**

★133  
oabaltimore.org  
443-475-0443

**Paige's Promotions for Wyndham**

★216  
Paigespromotions@aol.com

**Pharmaron**

★331  
pharmaron.com  
/clinical-trials/current-trials  
410-706-8833

**Pharmasite Research, Inc.**

★313  
pharmasiteresearch.com  
410-602-1440

**Planned Parenthood of Maryland**

★204  
ppm.care  
410-576-1414

**Plaque HD**

★234  
plaquehd.com/us  
/yoursmilingrdh  
800-401-1214

**PNC Bank**

★102  
PNC.COM  
410-237-5379

**Port Covington Development Team**

★324  
buildportcovington.com  
410-617-0007

**Power Home Remodeling Group**

★221  
powerhrg.com  
610-874-5000

**Premier Basketball Training**

premierbasketballtraining.com  
443-467-0663

**Pushing Pink Elephants**

★237  
ppelephants.org  
443-309-4685

**R. Adams Cowley Shock Trauma Center Stop the Bleed**

★441  
mdcot.org  
443-742-9900

**Register of Wills-Baltimore City**

★321  
registers.maryland.gov  
410-752-5131

**Renewal by Andersen**

★219  
renewalbyandersen.com  
301-483-7340 x3

**Restaurant Association of Maryland Education Foundation-ProStart Program**

marylandrestaurants.com  
/prostart  
410-290-6800

**Restoration Hydration**

★240  
restorationhydration.com  
866-We-Hydrate

**SAFE KIDS Baltimore led by University of Maryland Children's Hospital**

★430  
umm.edu/programs  
/childrens/services  
/special-programs  
/safe-kids  
410-328-7532

# 2018 Exhibitors

## **Sarah's House Mental Health Services**

★424  
Sarahshousemhs.com  
410-225-3101

## **Schmidt Baking Company**

★242  
schmidtbaking.com  
410-558-3025

## **Serenity Acres Treatment Center**

★327  
serenityacres.com  
800-203-2024

## **Shiloh Baptist Church of Baltimore County**

★236  
shilohedgemere.org  
410-477-8886

## **Shoppers Food & Pharmacy**

★300, 309  
shoppersfood.com  
301-306-8600

## **Shriners Hospitals for Children**

★325  
shrinershospitalsforchildren.org  
215-430-400

## **Sleep Number**

★222  
sleepnumber.com  
410-931-9700

## **Spartan Tae Kwon Do**

spartanmma.us  
410-750-8000

## **Spirit Feet, LLC**

443-928-0561

## **State Farm**

★323

## **Sterlingdance & Fitness**

410-790-5554

## **STRAIGHT TALK WITH MIKE GIMBEL**

★203

## **T-Fit Training**

★416  
https://tfitraining.weebly.com  
443-827-9824

## **Thapasya School of Dance**

thapasya.org  
443-254-7668

## **The Carroll School of Dance**

thecarrollschooldance.com  
443-629-6950

## **The City Ranch**

★407  
thecityranch.org  
410-456-2195

## **The Dignity Memorial Network of Funeral Homes and Cemeteries**

★244  
Dignitymemorial.com  
800-343-4464

## **The Lasik Vision Institute**

★215  
lasikvisioninstitute.com  
866-852-2520

## **The Joel Gamble Foundation, Inc.**

★404  
thejoelgamblefoundation.org  
410-302-3019

## **The Living Legacy Foundation**

★116  
TheLLF.org  
410-242-7000

## **The Maryland Center of Excellence on Problem Gambling**

★417  
mdproblemgambling.com  
667-214-2120

## **The National Center for Disaster Medicine & Public Health/ Uniformed Services University and The Henry M. Jackson Foundation for the Advancement of Military Medicine**

★334  
usuhs.edu/ncdmph  
240-833-4444

## **The PATIENTS Program University of Maryland School of Pharmacy**

★118  
patients.umaryland.edu/  
410-706-3839

## **The REACH Initiative of the Johns Hopkins School of Nursing**

★238  
jhureachinitiative.org  
410-955-4551

## **T.I.M.E. Organization**

★243  
timeorganization.org  
443-872-2230

## **Touching Young Lives, Inc.**

★428  
theimpactfulsolution.net  
443-742-5508

## **University of Maryland Health Advantage**

★120  
ummedicareadvantage.org  
1-844-811-6334 (TTY: 711)  
October 1 - February 14:  
8am - 8pm EST | 7 Days/Wk  
February 15 - September 30:  
8am - 8pm EST | Mon - Fri

## **University of Maryland Health Partners**

★119  
umhealthpartners.com  
410-779-9369  
800-730-8530; TTY 711

## **University of Maryland Medical Center**

★112-113,122  
umm.edu  
1-800-492-6638

## **University of Maryland School of Dentistry**

★435  
dental.umaryland.edu  
410-706-7101

## **USDA Food Safety**

★400  
https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/usda-food-safety-discovery-zone-mobile  
1-888-674-6854

## **V-LINC Special Solutions for Special Needs**

★419  
v-linc.org  
410-554-9134

## **Vacation Reservation Center**

★128

## **Vacation Village Resorts**

★132  
vacationvillageresorts.com  
954-414-3364

## **Vector Security**

★218  
vectorsecurity.com  
800-688-0150

## **Vein Clinics of America**

★230  
VeinClinics.com  
1-844-423-8346

## **Vida Divina Affiliates**

★235  
gigi425.vidadivina.com  
240-305-7127

## **Woman To Woman Naturals**

★233  
w2naturals.com  
410-961-2683

## **Young Living**

★232  
bluespruce.club/Brittany  
519-732-7298

## **Zilis**

★239  
zilis.com/eva  
765-425-7445



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