

PLANNING COMMITTEE

Dr. Elizabeth Noser
 Diana Leipold Felicia Gann
 Meghan Coulter Dr. Sean Savitz
 Yvette Sanders Dr. Ifejika-Jones
 Allison Hay Jason Childress

EXHIBITORS

Rahul Karamchandani, Ellie Choi, Waldo Guerrero, Claude Nguyen
 UT STROKE FELLOWS

Kerry Courtney, Kristin Tidwell, Melissa Halstead,
 April Chu, Jennifer Bundy
 MEMORIAL HERMANN-TMC
 MEMORIAL HERMANN-SOUTHWEST NUTRITION DEPTS

Mira Momcilovic
 TEXAS OBESITY RESEARCH CENTER-UH

Marcus McDade
 MPOWER EXPERT FITNESS & NUTRITION

Kristie Bryant
 NIAMOVES

Reuben Parrish
 UH WELLNESS

Greg Illich
 SERENDIPITY TAI CHI

Richard Soliz, Julianne Levine, Meg Garcia, Kelly Phelps, Darby Cruz
 TIRR NEUROLOGICAL SLEEP MEDICINE CENTER

Allison Hay, Eleni Christou, Stephanie Schmadeke,
 Sylvia Guajardo, Hannah Fleming, Melissa Irwin, Rita Justice
 HOUSTON APHASIA RECOVERY CENTER

Eva Fulep, Thanh Bui
 UT NEUROSONOLOGY LAB

Keke White, Brishette Pruitt
 UT NEUROLOGY

Francisco Fuentes, MD, Stefano Sdringola, MD, Naomi Ogawa, MD,
 Warren Callis, Deliah Benson
 ATRIAL FIBRILLATION AND EKG SCREENING

UNIVERSITY OF HOUSTON COLLEGE OF PHARMACY
 WALGREENS

VOLUNTEERS

Christy Ankrom	Carlos Martinez
Minal Bhadane	Vanessa Martinez
Jason Childress	Tiffany Michelle
Rachel Connell	Miles Noser
Jessie Cook	Kristin O'Toole
Rebecca De Los Santos	Rebecca Owens
Maria Dent	Krysten Pettit
Shahira Dickens	Candace M. Puhl
Saida Ebrahim	Lauren Reineke
Tonya Freeland	Pandurengan Renganayaki Sana
Jennifer Garrett	Safaraz
Dennis Gonzalez-Romero	Humberto Sandoval
Nicolette Hale	Piyu Sen
Melissa Hernandez	Stacy Spanos
Cynthia Johnson	Eileen Tseng
Ela Kaluder	Robin Valdez
Elizabeth Lesenski	Wrenne West
Juan Lozano	Kindra Wood
Roberto Lozano	

THE Festival of Life

STROKE EDUCATION + HEALTH FAIR

Saturday

3 | 2 | 13

1-5 pm at the

HOUSTON

ZOO

Masihara Pavilion

Family Festivities SCHEDULE

CHECK IN (Houston Zoo front entrance)	12-1 PM
EXHIBITS + SCREENINGS CARICATURE ARTIST	1-5 PM
LUNCH BUFFET	1:30-3 PM
FIRST DOOR PRIZE (then every 30 minutes)	1:30-4:30 PM
PHOTOBOOTH	2-5 PM
CHEETAH EXPERIENCE	3-3:15 PM
ANIMAL EXPERIENCE	3:30-4:30 PM
GRAND DOOR PRIZE	4:45 PM



UTHealth
STROKE
TEAM

AMERICAN
HEART
ASSOCIATION

THE HOUSTON
APHASIA
RECOVERY
CENTER



MEDTRONIC, INC.
 MIX 96.5
 WALGREENS
 DLG ICE FACTORY
 ANGELICA'S
 PICTURE PERFECT

NOTSEW ORM
 SANDS
 FOUNDATION
 SERENDIPITY
 TAI CHI
 UT MD ANDERSON
 CANCER CENTER

HEALTHSOUTH
 Rehabilitation Hospitals

Mischer
 Neuroscience Institute

MEMORIAL
 HERMANN

Genentech
 A Member of the Roche Group

Masihara Pavilion Schedule {1 to 5 pm}

➡ NUTRITION QUESTIONS? ➡ ASK THE DIETICIAN!

The Big 3: Fruits, Vegetables & Fiber Water - It Does the body good! Medical nutrition for people with diabetes, high cholesterol, stroke or high blood pressure Check BMI + Body Fat %, Pick from Basket of Healthy Choices!

➡ GET FIT! EXERCISE DOES ➡ THE BODY GOOD!

Why exercise? How much exercise? Best types of exercise? Exercise limitations post-stroke? Check resting heart rate and Get your target heart rate HoopDance by NiaMoves!

➡ STRESS LESS / HOW STRESS ➡ AFFECTS THE BODY

How stress relates to stroke? managing stress + strategies to reduce stress What's your stress level? Relax + enjoy a yoga demonstration

➡ OBSTRUCTIVE SLEEP APNEA ➡ (OSA) SCREENING

What is OSA? Get screened! How does it relate to stroke? What is the treatment? Check out the display CPAP machine! Take the Stop Bang screen

➡ CAROTID ULTRA- ➡ SOUND SCREENING

Measures blood flow through carotid arteries which supply blood to the brain Assess blood flow and detect any blockages, such as narrowing due to the buildup of plaques. Get your carotid arteries screened

➡ UT STROKE TEAM ➡ ASK THE STROKE DOCTOR!

Meet the UT Stroke Team and learn all about stroke prevention, treatment and rehabilitation. What are the signs of stroke? What causes a stroke? How can you lower your risk of Stroke? Check out the brain scans! Assess your stroke risk and test your stroke knowledge

➡ A P H A S I A ➡ MEET THE HOUSTON ➡ APHASIA RECOVERY CENTER

Learn about aphasia and resources available to patients with aphasia

➡ CHOLESTEROL, ➡ GLUCOSE + BLOOD ➡ PRESSURE SCREENING

No fasting required for cholesterol. Review results with a health coach. Don't forget to ask - What is blood pressure? What should my blood pressure be? How do I reduce my blood pressure?

➡ ATRIAL FIBRILLATION ➡ EKG SCREENING

Learn all about Atrial Fibrillation (AF) What is AF? Who is at risk? How does AF relate to stroke? Learn self-testing for Atrial fibrillation. EKG Screening (Adults > 45 only)

