

WELCOME

to



SATURDAY MAY 2, 2015

DISCOVERY GREEN

9AM TO 3PM

Presented by
UTHealth STROKE TEAM

 **UTHealth** | Medical School
The University of Texas
Health Science Center at Houston

ACTIVITY SCHEDULE

Schedule of Events

8:30 am: *Registration opens*

9:30 am: **Welcome remarks by Rita Garcia,**
FOX26 News Booth #16

10 am: **Dance of Asian America Performance**

10:30 am: **CLUTCH Sighting (Kids Zone)**

11 am: **Boxed lunches while supplies last Booth #57**

11:30 am: **BreakFree Community Center Performance**

11:45 am: **Zumba Demonstration**

12:15 pm: **Cooking It Healthy with Chef Tim Sadler Booth #57**

12:45 pm: **Taiko Performance by the Thunderstudies**

1/1:15 pm: **The Health Museum Demonstrations! Booth #49**

1:30 pm: **Ballet Folklorico Azteca de Houston**

2 pm: **Live Ice Sculpting by Reverend Butter**

STROKE PREVENTION AND HEALTHY BRAIN ZONE

Sponsored by HealthSouth Rehabilitation Hospitals

STATIONS: 9 am - 3 pm

Booth #1 / UTHealth Mobile Stroke Unit

See the first emergency vehicle designed to treat stroke patients in the US!

Booth #2 / DJ Booth

Music provided by locals Kenneth John Armstrong and Brett Martin. Drop by, tell us the "FAST" signs for Stroke to get your free Mardi Gras beads.

Booth #3 / 97.9 The Box

Drop by and meet the 97.9 The Box team pick up a goody!

Booth #4 / Blood Pressure Screen - UT Physicians

What is a normal blood pressure? Why is high blood pressure a silent killer? How to lower your blood pressure? Check your blood pressure and review results.

Booth #5 / Bone Density Screen - UT Physicians

Get your heel bone density screen. Back pain, a stooped posture or fracture history maybe signs of osteoporosis. Learn about osteoporosis, reducing your risk and causes of bone loss.

Booth #6 / Majic 102.1

Drop by and meet the Majic 102.1 team and pick up a goody!

Booth #7 / Electrocardiogram (EKG) Screen Kirkwood Medical Associates

Checks for problems with the electrical activity of your heart and provides information such as heartbeat irregularity and heart enlargement. *For adults > 45 years old*

Booth #8 / Electrocardiogram (EKG) Screen Bayside Urgent Care

Checks for problems with the electrical activity of your heart and provides information such as heartbeat irregularity and heart enlargement. *For adults > 45 years old*

Booth #9 / Cholesterol/Glucose Screen - Walgreen's
Check your cholesterol - no fasting required. Glucose - fasting is required for accuracy. Meet with pharmacists to review results; Q&A.

Booth #10 / Carotid Ultrasound Screen UTHealth Stroke Team

Measures blood flow through the carotid arteries which supply blood to the brain. Assesses blood flow and detects blockages due to the buildup of plaque.

Booth #11 / University of Houston Brain-Computer Interface Systems

Dedicated to engineering of the brain, design of non-invasive brain-machine interface and robotic systems for repair of the motor system. See robotic demos.

Booth #12 / Adult Vision Screen UTHealth Ophthalmology

Check your vision. Learn how aging, high blood pressure and atherosclerosis affects your eyes.

Booth #13 / Atrial Fibrillation / Heart Disease UTHealth

What is AF? Who is at risk? How does AF relate to stroke? Learn how to check your pulse. Could you have heart disease? Learn how to lower your risk.

Booth #14 / HEALTHSOUTH Rehabilitation Hospitals

One of the nation's largest rehabilitation providers. Get information on rehabilitation programs and services.

Booth #15 / Get Fit! MPOWER Expert Fitness & Nutrition

How much should you exercise? What type of exercise is best? Check target heart rate, maximal heart rate and physical activity readiness, 3-minute step test, muscular strength and flexibility.

Booth #16 / Hula Hoop Fitness

Drop by from 10:30 am to 1:30 pm and have fun hula hooping - a great exercise for the entire family! Enter to win an adult fitness hula hoop!

Booth #17 / Ask the Dietician! Memorial Hermann-TMC Nutrition Department

Are you eating healthy? Fruits, vegetables and fiber: meal planning and healthy recipes. Water - it does the body good! Check your BMI and body fat percentage.

Booth #18 / Bariatric Options for Weight Loss UTHealth MIST

Learn about surgical options for obesity.

Booth #56 / Ask the Stroke Doctor! UTHealth Stroke Team

Stroke, prevention, treatment, rehabilitation. Signs of stroke? Causes of stroke? How to lower risk of stroke? Check out the brain scans! Assess your stroke risk with the stroke risk scorecard.

Booth #56 / Health Screening Services Texas Southern University - APhA & SNPhA

Drop by to check your blood pressure and blood glucose from 9 am to noon at the stroke booth.

Festival park map enclosed for your convenience.

Booth #57 / Food Station Rosemary's Catering Houston

Boxed lunches for first 500 participants - lunch ticket required. Drop by, tell us the 'FAST' signs for Stroke to get your free granola bar while supplies last. Demo: Cooking it Healthy with Chef Tim Sadler at 12:15 pm.

Booth #58 / Cooling Station

Overheated? Cool down the family, enjoy the fans. Bottled water available while supplies last. Free juice samples by Flow Juice Bar from 9 am to 11 am.

STROKE RECOVERY ZONE

Sponsored by TIRR Memorial Hermann

STATIONS: 9 am - 3 pm

Booth #19 / Diabetes Prevention Program YMCA of Greater Houston

Find out if you are at risk for diabetes. Get screened for pre-diabetes.

Booth #19 / Translator Station

Spanish, Chinese and Vietnamese educational material and bilingual educators available to discuss your screening results.

Booth #20 / Peripheral Artery Disease Foot & Ankle Institute West Houston Medical Center

Do you have warning signs of hardening of the arteries in your legs? Pain during exercise, cold legs, poor wound healing, constant leg pain, tingling, burning or loss of sensation? If so, drop by and have your legs screened.

Booth #21 / Mouth-Body Connection UTHealth School of Dentistry

How oral disease affects your overall health and how chronic diseases can affect your mouth and teeth. Learn proper oral hygiene techniques and tips for healthy teeth.

Booth #22 / Diabetes Awareness & Wellness Network City of Houston, DHHS

Learn about our free services for adults with diabetes, pre-diabetes or those at high risk.

Booth #22 / Care Houston Connect City of Houston, DHHS

Learn about our program & services: preventative care, case management, chronic disease self-management and health education for adults and children.

Booth #23 / Diabetic Foot Screen Nerve and Muscle Center of Texas

For patients with diabetes or foot symptoms (pain or numbness). Have your feet checked for signs of infection, skin break down and poor circulation..

Booth #24 / Ask the Pharmacist! Memorial Hermann-TMC Pharmacy Services

Meet local pharmacists for Q&A. Ask your drug-related questions. Review medications, ask about generic drugs or local pharmacy services.

ACTIVITY SCHEDULE

STROKE RECOVERY ZONE

STATIONS: 9 am - 3 pm (*continued*)

Booth #25 / Fall Risk Assessment Memorial Hermann-TMC Rehabilitation Services

Check your fall risk. Learn about fall prevention, fall risk factors and reducing fall risk. Take the timed Get Up and Go test. *For adults > 50 years old*

Booth #26 / Obstructive Sleep Apnea (OSA) Screen St. Joseph Medical Center

What is OSA? How does OSA relate to stroke? Take the Stop Bang screen to see if you could have OSA.

Booth #27 / Sleepy Brain - St. Joseph Medical Center

How much sleep do you need? Why is sleep important for your body and brain? Tips for a good night sleep.

Booth #28 / Stress Less University of Houston

Learn how stress affects your body and how to manage stress. Take a stress self-test assessment.

Booth #28 / Yoga Tellepsen Family Downtown YMCA

Yoga info and demo from 9 am to noon.

Booth #28 / FitMix Houston

Yoga, kickboxing, bootcamp fitness information and demos from noon to 3 pm.

Booth #29 / Mentis Neuro Rehabilitation

Providing the highest quality post acute neurorehabilitation to persons who have sustained an acquired brain injury.

Booth #30 / Chinese Arts - Origami and Calligraphy

Meet Kyle Fu, Master Origami Artist and learn about the art of origami. Have your name written in beautiful Chinese calligraphy, the ancient art of Chinese writing. Live Origami by Kyle Fu, Master Origami Artist.

Booth #31 / Houston Aphasia Recovery Center

Offers wellness program and support services for aphasic individuals. Try an interactive activity on experiencing aphasia.

Booth #32 / Stroke Warriors

We are a local stroke support group active since 2005. We welcome new members. Please stop by and learn about joining our group.

Booth #32 / Legacy Community Health

Learn about the programs and services we provide at our full-service, federally qualified health center.

Booth #33 / U of H Communication Sciences & Disorders

Do you have a language or hearing problem? Are you at risk for hearing loss? Learn about our research and clinical services.

Booth #34 / Exercise for Stroke Survivors and Older Adults

Exercise is beneficial to stroke survivors and older adults. Meet with therapists to learn what type and how often you should be exercising.

Booth #35 / Memory Screen - UTHealth Neurology

Memory loss, experiencing warning signs of dementia, family history of Alzheimer's disease? You might benefit from a memory screening. For adults > 45 years old

Booth #59 / NeuroRecovery Research Center UTHealth PM&R / TIRR Memorial Hermann

Learn about our cutting edge post stroke rehabilitation research.

Booth #60 / TIRR Memorial Hermann

Ranked #3 in the nation among rehabilitation hospitals. Learn about our programs and services for people with neurological injury.

Booth #61 / Healthy Brain Aging - UTHealth

Learn what you can do to promote a healthy brain as you age.

KIDS ZONE

STATIONS: 9 am - 3 pm

Booth #36 / Sports and Concussions - UTHealth

Learn about kids sports and brain injury; recognize the signs of a concussion and what to do for a possible concussion.

Booth #37 / Texas Children's Hospital CHIP Program

Learn if your child qualifies for the TCH CHIP program.

Booth #38 / Ring Toss Game

Kids, try your hand at ringing an individual bottle to win a prize. *Must be > 3 years old to play*

Booth #39 / United HealthCare Community Plan

Learn if your child qualifies for the United HealthCare community plan.

Booth #40 / Kids Vision Screening Eye Care For Kids

Have your child's vision checked, testing for visual acuity and general eye health examination.

Booth #41 / Total Fitness 4 Kids Booth and Obstacle Course

Kids overcome an obstacle course.

Booth #42 / Face Painting, Balloon and Bubble Fun

Kids, have your face painted with fun, cool designs! Pick out a cool design for your free balloon art and blow bubbles with friends. Free bubbles while supplies last.

Booth #43 / Kids Migraines

THINK - The Houston Institute of Neurology for Kids

Does your child complain of frequent headaches? Drop by and learn about diagnosis and treatment of migraines in kids.

Booth #44 / Brain Food

Memorial Hermann Southwest Clinical Nutrition

Brain power foods. Water - it does the body good! Healthy snacks for kids. See our Sugar Shocker Display.

Booth #45 / Super Hero Hang Out Houston Zombiewalk

Kids, drop by and take pictures with some favorite super heroes.

Booth #46 / Brain Basics

UTHealth Neuroscience Research Center

Learn brain facts and how the brain works. Build your own nerve cell with pipe-cleaners.

Booth #46 / Kids Fitness

University of Houston Human Performance

Are your kids fit? Learn about kid friendly exercise and how much physical activity your child should be doing daily.

Booth #47 / Kids Dental Screen - ABC Dental

Kids, learn how to keep your teeth healthy. Dental screenings provided.

Booth #48 / Moonwalk - ABC Dental

Kids, take a minute to have fun in the moonwalk. Must be at least 5 years of age and accompanied by a parent.

Booth #49 / Houston Museum of Natural Science

Learn about our programs to discover life sciences.

Booth #49 / The Health Museum

Presents an interactive presentation with a hands-on organ dissection at 1 pm and 1:15 pm.

Booth #50 / AmeriBrain Exhibit

Walk through an inflatable brain exhibit.

See the brain stem, lobes, cerebellum and areas of the brain for movement, hearing, touch and personality.

Booth #51 / #iSawTheBrain

American Heart Association

Know stroke warning signs using the acronym, FAST! F-Face drooping, A-Arm weakness, S-Speech difficulty and T-Time to call 9-1-1. Take a photo with FAST sign and upload to Facebook, Twitter or Instagram using the hashtag #isawthebrain to enter to win a FitBit Flex. Tag @ahahouston in your post!

Booth #52 / Sickle Cell Disease Texas Children's Hospital, Sickle Cell Center and Child Neurology Stroke Clinic

Learn about sickle cell disease. Facts, symptoms and preventing complications.

Festival park map enclosed for your convenience.

Booth #53 / Texas Medical Association's Hard Hats for Little Heads

Learn why you should wear a helmet, especially one that fits properly! Kids get a free bike helmet while supplies last.

Booth #54 / BOOM 92

Drop by, meet the Boom 92 team and pick up a goody.

Booth #55 / Stomp Out Stroke UTHealth Stroke Team

Kids learn the signs of stroke and why Time is Brain! Kids take the FAST quiz.