



Health  
& Wellness  
EXPO

February 27th  
10am-2pm  
The Riverhouse  
Convention Center  
FREE ADMISSION

Free Health Screenings • Doc Talks • Fitness Opportunities • Cooking  
Demonstrations • Raffles • Giveaways and More

**STAY WELL • EAT RIGHT • GET FIT**

# STAY WELL

## Working Towards A Healthier Community

Staying healthy is important for everybody. Many preventative screenings have been recognized as a cost-effective way to identify and treat potential health problems before they develop or worsen. By getting the right health services, screenings and treatments, you are taking steps that help your chances for living a longer, healthier life. In addition to having regular preventative screenings and appointments with your doctor, a healthy lifestyle also involves regular physical activity and eating healthy.

## FREE Health Screenings

**ALLERGY & ASTHMA** Find out if you are allergic to juniper. Learn about other allergies and asthma and how they might be affecting your life.

**APPOINTMENTS & CUSTOMER SERVICE** We'll have a full team to answer questions, tell you more about our specialties and services, help you sign up for BMC MyChart, or to schedule an appointment on the spot.

**BARIATRIC SURGERY** Stop by to learn more about our Bariatric Department. Our team of experts can guide you through the entire process, from selecting the right surgical or non surgical option to providing you with nutrition and fitness advice, as well as, lifestyle counseling.

**CARDIOLOGY** Check your risk of a circulatory condition, peripheral artery disease, that can reduce blood flow to limbs, with a free Ankle-Brachial Index (ABI) test.

**DERMATOLOGY & COSMETIC SERVICES** Visit our booth for a free skin cancer spot check with one of our Dermatologists and learn the ABCDE's of Melanoma. Learn about our skincare products as well.

**EAR, NOSE & THROAT** Stop by for a free hearing test and to learn more about hearing aid products and services from Central Oregon ENT.

**ENDOCRINOLOGY** Get a blood glucose screening and learn ways to maintain or improve your health to prevent or delay the onset of Type II diabetes.

**NUTRITION & ENERGY** Visit our booth for a free weight and body composition screening including body fat, lean muscle and hydration. Also learn about eating right and pick up a portion plate to take healthy habits home with you.

**OPHTHALMOLOGY** Stop by for a free vision screening and to learn about cataract surgery, eyelid plastic surgery and diabetes vision preservation.

**FAMILY MEDICINE & INTERNAL MEDICINE** Get your blood pressure checked and find out what other preventative screenings you should be considering. Also learn about our Medicare Annual Wellness Visits and how these can help you stay on track with your health.

**PULMONARY & SLEEP** Learn what your oxygen level is and should be with a free blood oxygen screening.



## Doc Talks



10:30am - 11:00am

**Dr. Riddock**  
**Cardiology**

Dyslipidemia:  
Why should you care about  
your cholesterol levels?



12:00pm - 12:30pm

**Dr. Archer**  
**Bariatric Surgery**

Obesity & Prevention:  
Treatment options from  
food to surgery.

# EAT RIGHT

Eating a diet that emphasizes fruits, vegetables, whole grains, fat-free or low-fat dairy and includes lean proteins such as poultry, fish, beans, eggs and nuts is important. It is also essential to consume foods that are low in salt and added sugars.

## Cooking Demonstrations and Helpful Kitchen Tips

from Whole Foods Market. Stop by the kitchen to watch a healthy cooking class every hour. Learn kitchen tips and tricks and grab an ingredient list to try the recipes at home.



### Farro, Apple & Pecan Salad

Serves 8

- 1 1/2 cup farro
- 1/2 teaspoon fine sea salt
- 1/4 cup extra-virgin olive oil, divided
- 1/2 medium red onion, chopped
- 1 large Gala or Granny Smith apple, cored and chopped
- 1 tablespoon chopped thyme
- 3 tablespoons apple cider vinegar
- 3/4 cup chopped toasted pecans
- 1/4 teaspoon ground black pepper

Soak farro in cold water for 20 minutes; drain well.

Bring 2 quarts salted water to a boil in a medium pot. Add farro and simmer, uncovered, until tender, 30 to 35 minutes. Drain well then rinse under cold water for 30 seconds. Drain again, then transfer to a large bowl, cover and refrigerate.

Heat 2 tablespoons of the oil in a large skillet over medium heat. Add onions and cook until softened and translucent, about 5 minutes. Add apples, stir well and cook until slightly softened, 2 to 3 minutes more.

Transfer apple mixture to the bowl with farro. Add thyme, vinegar, remaining 2 tablespoons oil, pecans, salt and pepper and toss gently to combine. Serve immediately.



### Raw Berry Crisp

Serves 8

- 6 cups mixed berries, such as blackberries, blueberries, raspberries and sliced strawberries

1 tablespoon pure maple syrup, more or less to taste depending on sweetness of berries

- 1 cup raw pecans
- 1/2 cup raw walnuts
- 1/2 cup pitted dates, roughly chopped
- 1/2 teaspoon ground cinnamon

In a (7x11 inch) dish, toss berries with maple syrup. Put pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground. Scatter nut mixture over berries and serve immediately, or chill until ready to serve.



### Double Green Smoothie

Serves 2

- 1 1/2 cup unsweetened non-dairy beverage, such as almond, rice or soy

- 2 dried apricots or 4 pitted dates
- 1 banana
- 1 cup chopped kale leaves
- 1 cup baby spinach leaves
- 1/2 cup fresh or frozen berries

Combine non-dairy beverage, apricots, banana, kale, spinach and berries in a blender and blend until smooth.



# GET FIT

Exercise and physical activity are a great way to feel better, lose weight, combat health conditions, improve your mood, boost your energy and even help you sleep better.



Participate in a stretching demonstration and pick up tips on injury prevention from the experts. Get your own stretch band to take home.



Go through Footzone's "Fit Process". Discuss your plans for activity, current issues and current footwear to discover the best shoes for your needs.



Learn about the many fitness classes and rehabilitation options Recharge Fitness offers.



Visit their space to learn about a variety of activities for all ages, experience on-site activities and get a free individual or family pass to their facility.



Walking for as little as 30 minutes a day can reduce your risk of disease. Learn more about the BMC Walk With A Doc program.

# COMMUNITY RESOURCES

Central Oregon has an abundance of resources from insurance to health care and volunteer organizations. Stop by and visit these community resources to hear about the services they offer and to learn more about how you can get involved. Make sure you pick up one of their fabulous giveaways along the way.



## Partners In Care

Meet some of the staff and learn more about their community service.



Volunteers In Medicine provides healthcare on a donation basis to adults in Central Oregon with no means to pay for care. Learn about their clinic, their services and their volunteer needs.



Ask a Pharmacist for helpful answers to your medication and health related questions.



Stop by to learn about guidelines and education surrounding colon cancer prevention and early detection. Ask about their Relay for Life movement and how you can participate and help raise money to fight cancer.



Stop by for resources on healthy eating, men's health, women's health and more.

## central oregon EAR | NOSE | THROAT AND HEARING AID CENTER

Visit their booth for a hearing evaluation and to learn more about their hearing aid services.

# RAFFLES & GIVEAWAYS

**ENTER  
TO  
WIN!**

Whole Foods Gift Card • Old Mill District Gift Cards •  
Fitness Passes • Custom Earplugs • Skin Care Gift Basket •  
Mountain Bike & Starter Kit • FootZone Giftcard •  
Ski/Snowboard Helmets donated by Mt. Bachelor •  
Mt. Bachelor Summer Mountain Bike Passes • And More

**FIRST 250 PEOPLE THROUGH THE DOOR RECEIVE A GOODIE BAG!**

