

# FREE Health Fair

(Agency Members & Retirees ONLY)

Sponsored by:

HCSO & Freedom Federal Credit Union

- February 3, 2015** *0700-0930 & 1500-1700* at the SP located in the Community Meeting Room
- February 5, 2015** *0700-0930 & 1500-1700* at BAVFD located on the 2<sup>nd</sup> floor. (Park at Headquarters)
- March 11, 2015** *0700-0900 & 1500-1700* at the Detention Center located in Roll Call and the employees entrance hallway

## Vendors Included:

UC Health	Freedom Federal Credit Union
Maryland Spine	Susquehanna Spine and Rehab
Pathways to Whole Living	Advanced Eye Care
Nutrition by Design	The Arena Club
Paris Holistic Health	Liberty Mutual
Graham Hypnosis	Jenkins Studio
Planet Fitness	Costco

**There will be multiple giveaways at each location**

# Harford County Sheriff's Office Health & Wellness Fair

**NOVEMBER 8, 2012**

**0730-1100 & 1300-1600**

At the Southern Precinct in the Community Room

**NOVEMBER 14, 2012**

**0730-1000 & 1400-1600**

At the Northern Precinct in the Conference Room

## PROFESSIONALS ATTENDING:

Nutritionist  
Sleep Hygienist  
Massage Therapist  
Aflac

Clinical Pharmacist  
Smoking Cessation  
Stress Management  
Liberty Mutual

## HEALTH SCREENINGS PROVIDED BY UC HEALTH:

Height/Weight    Blood Pressure    Body Fat Analysis    Body Mass Index

Cholesterol (Total & HDL)    Sleep Screening    Flu Shots(FREE)    Breathing Capacity



**Giveaways**

**Snacks & Refreshments**

**Health Information**

This event is for Law Enforcement and Correctional Officers  
and Civilian Employees

**PLEASE take time to stop by. This is for YOU!!**



# SKIN CANCER SCREENING (FREE)



**In Conjunction with UC Health the Sheriff's Office is  
sponsoring Skin Cancer Analyzer**

**May 7<sup>th</sup> 0800-1000 Harford County Detention Center  
New Conference Rm. by Control**

**May 15<sup>th</sup> 1430-1630 Southern Precinct  
2<sup>nd</sup> floor Multi-Purpose Rm.  
across from the Library**

**The process takes about 5 minutes per person and no need for  
an appointment. Just drop in between the hours stated above.**

# 7TH ANNUAL CARDIOVASCULAR HEALTH SEMINAR

## PREVENTIVE CARDIOLOGY LIVING WITH CHRONIC LUNG DISEASE

**MONDAY, OCTOBER 20  
5 - 8:30 PM**

**UM Upper Chesapeake Medical Center • Chesapeake Conference Center  
Presented by the UM Upper Chesapeake Health Cardiac  
& Pulmonary Rehabilitation Teams**

Join us for a special evening offering free cardiovascular screenings and expert information on protecting your heart. Learn how to best live with lung disease including coping strategies for those affected by COPD, emphysema, chronic bronchitis, asthma and restrictive lung disease.

### **AGENDA**

#### **Free Cardiovascular Screenings • 5-6pm**

- Carotid Scans
- Spirometry
- Blood Pressure

#### **Welcome • 6pm**

Barbara Hillman  
*Clinical Manager, Cardiac & Pulmonary Rehabilitation*

#### **Living with Chronic Lung Disease**

Jason Birnbaum, MD  
*Board Certified in Critical Care and Pulmonary Medicine  
Chair, Department of Medicine  
Medical Director, ICU  
Medical Director, Pulmonary Rehabilitation*

#### **Preventive Cardiology**

Niteen Milak, MD  
*Board Certified Cardiology & Internal Medicine  
Medical Director, Cardiac Rehabilitation*

*Heart healthy hors d'oeuvres will be served*  
**To register, please call HealthLink  
1-800-515-0044**



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH



**Mina, Joe**

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**From:** Joseph Mina <fivepointfitness@gmail.com>  
**Sent:** Monday, April 07, 2014 12:05 PM  
**To:** Mina, Joe  
**Subject:** Fwd: Workshop-Understanding Nutritional Labels

----- Forwarded message -----

**From:** Ultimate Health <[ultimatehealthcompletewellnesscenter@demandforced3.com](mailto:ultimatehealthcompletewellnesscenter@demandforced3.com)>  
**Date:** Mon, Mar 24, 2014 at 11:24 AM  
**Subject:** Workshop-Understanding Nutritional Labels  
**To:** JOSEPH MINA <[FIVEPOINTFITNESS@gmail.com](mailto:FIVEPOINTFITNESS@gmail.com)>

Problems reading this email? Please visit <https://www.demandforced3.com/cp/email.jsp?id=1885221181&bid=116000673>.  
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**Ultimate Health**

2 LOCATIONS: 1035 Emmorton Road, Bel Air, MD 21014, 113 West Road, Suite 202-B, Towson, MD 21204

[ultimatehealthchiro@gmail.com](mailto:ultimatehealthchiro@gmail.com)  
[www.back2ultimatehealth.com](http://www.back2ultimatehealth.com)  
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Ultimate Health is excited to announce that our own Health/Life Coach, Shelby John, LCSW-C founder of Wholistic Living, will be offering an informal workshop on understanding nutrition labels. Please join Shelby on Wednesday, April 23 at 7:00pm to decode the mystery of nutrition labels as well as food ingredients.

Shelby will also have several healthy snacks to sample while you are here. Come prepared to understand why you really need to know what you are eating.

To learn more about Shelby and how she can help you reach your health and wellness goals, check out her website at [www.shelbyjohn.com](http://www.shelbyjohn.com). She also has a blog featuring articles related to health and wellness as well as a Facebook page where you can follow her more closely [www.facebook.com/wholisticlivingcoaching](http://www.facebook.com/wholisticlivingcoaching).

Join us on April 23rd at 7:00pm for a workshop with Shelby. Feel free to bring a friend as well.