

# WELLNESS ROCKS

## HEALTH AND BENEFITS FAIR

### Screenings and Experiential Activities

Time	Event	Location
7:30a-2pm	Hokie Wellness Health & Benefit Fair open	McComas
7:30a-1pm	BodPod Body Composition Analysis	Fitness Assessment Room (downstairs)
	<b>Experiential Activities for Scavenger Hunt:</b>	
7:30a-2pm	Acupuncture Experience	Table 22
	Reiki Experience	Table 8
	Yoga Experience	Table 13
	Mindfulness Experience	Table 6
	Essential Oils Experience	Table 7
	Lotus Wellness Experience	Table 10
	Talk with a Pharmacist Experience	Table 48
	Dance Party	McComas Control Desk
	Massage Therapy Experience	Table 9
10a-10:45a	TRX Training Experience	McComas Third Floor
11a-11:45a	Cycle/Spin Experience	Spin City (downstairs)
12pm-12:45pm	Step Group Exercise Experience	Studio A
	<b>Screening Activities for Scavenger Hunt:</b>	
7:30a-2pm	Dental Screening	Table 57
	Blood Pressure Screening	Table 75
	Vision Screening	Tables 3/4
	Skin Cancer Screening	Table 39
	Arch/Foot Scanning	Table 58
	Diabetes Risk Assessment Screening	Table 30/61
	Blood Sugar Screening	Table 61
	Posture Assessment Screening	Table 32
	Grip Strength Screening	Table 78
	<b>Other Activities:</b>	
7:30a-2pm	Frame Adjustments	Table 62
7:30a-2pm	Flu, TDap, and Pneumonia Vaccines	Table 77
8:30a-12:30pm	American Red Cross Mobile Blood Drive	Parking Lot
11a-1pm	Virginia Tech Dining Services Food Trucks	Parking Lot

**Sponsors**

Divisions of Human Resources  
and Student Affairs

Real Life  
Dental

# (W)ELLNESS ROCKS

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### Exhibitors

Exhibitor	Table	Exhibitor	Table	Exhibitor	Table
Addiction Recovery Research Center	21	H&R Block	23	Tuck Chiropractic	66
Aetna	48	ICMARC	40	University Physical Therapy	78
AFLAC	56	In Balance Yoga	13	Virginia Cooperative Extension	26
Anthem BCBS	46	InStill Mindfulness SWVA	6	VirginiaGovernmentalEmployeesAssn(VGEA)	60
Blacksburg Boxing & Fitness, LLC	33	Kroger	77	Virginia Retirement System	76
Blacksburg Dept. of Parks & Recreation	31	Legal Resources	44	VT ADA Services and Accessibility	16
Blacksburg Eye Associates	62	Lewis Gale Regional Health System	61	VT Accessible Technologies	5
Blacksburg Fit Body Boot Camp	70	Lotus Wellness	10	VT Adult Day Services	18
Blacksburg Pharmacy	49	Massage Therapy	9	VT Alternative Transportation	19
CarilionClinicNutritionServicesandDiabetes	30	Mary Kay	79	VT Benefits and Leave	41
CarilionNewRiverValleyWomen'sServices	75	Member One Federal Credit Union	67	VT EHS Occupational Health Clinic	3/4
Carilion Otolaryngology	71	New River Healing Arts	22	VT Hokie Wellness	Halfway
Carilion Wellness	24	New River Health District	51/52	VT Office for Equity and Accessibility	15
ChristiansburgDept.ofParksandRecreation	34/35	New River Valley Agency on Aging	54	VT Office of Emergency Management	14
CommonHealth	64	NewRiverValleyDisabilityResourceCenter	29	VT Police Dept	17
Community Health Center of the NRV	57	New York Life	45	VT Recreational Sports	Halfway
Community Housing Partners	53	Real Life Dental	1	VT Reiki Club	8
Core Physical Therapy	32	Real Life Smiles	50	VT Staff Senate	2
Creating the Blueprint for Your Third Act	11	River Ridge Dermatology	39	VT Women's Center	20
Delta Dental of VA	47	Social Security Administration	38	VT Workman's Comp	42
Energy Check	37	South Main Chiropractic	58	Warm Hearth, Inc.	36
Essential Oils	7	Standard	43	Weight Watchers	68
Family Therapy Center of Virginia Tech	12	Susan G. Komen Virginia Blue Ridge	59	Wells Fargo	55
Fidelity Investments	25	TIAA	73		
Hethwood Apartment Homes	28	TIAA Beverage Station	74		
Hethwood Market	27	Total Motion Physical Therapy	69		
Hokie Centric	72	Trebel Wellness Solutions	65		

Stop by TIAA table 74 from 7:30 a.m.-1 p.m. for a complimentary warm

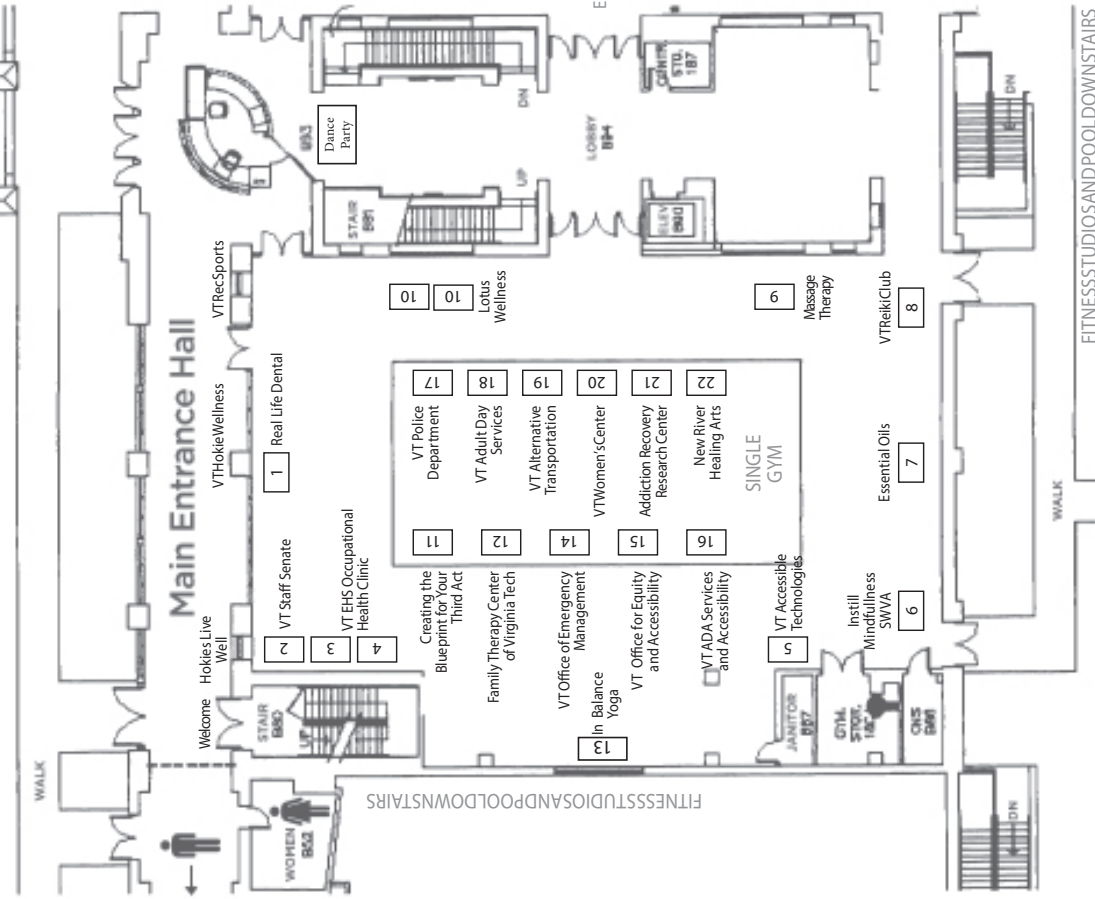
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Real Life Dental



## McComas Exhibitor Map

