



Hokie Wellness Health & Benefits Fair

January 10, 2018 ■ McComas Hall ■ 7:30 a.m.–3 p.m.

Workshops, Demonstrations, and Interactive Activities

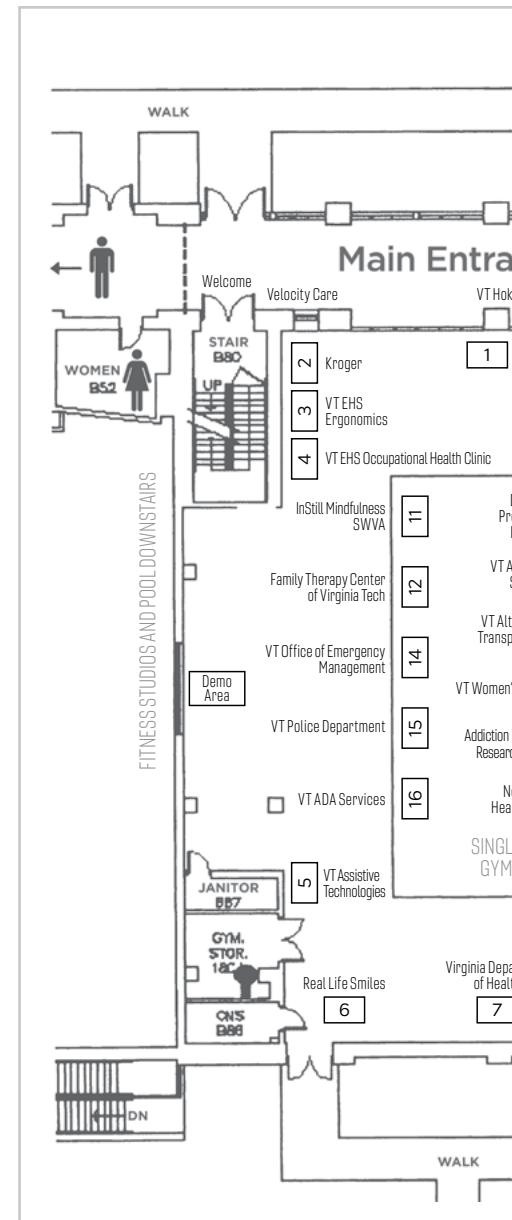
Time	Event	Location
7:30 a.m.-3 p.m. All Day Events	Hokie Wellness Health & Benefit Fair open	McComas
	Winter Coat Pick-up	Classroom 143
	BodPod Body Composition Analysis	Fitness Assessment Room - downstairs
	Dental Screening	Table 1
	Orthodontic Screening	Table 5
	Acupuncture Demonstration	Tables 22
	Reiki Demonstration	Table 8
	Blood Pressure Screening	Tables 51/60
	Diabetes Risk Assessment	Table 17/49
	Vision screening and Frame Adjustments	Tables 62/63
8-8:30 a.m.	Hands Only CPR/AED Training – Gabby Marquez, Assistant Director, Operations & Risk Management, Recreational Sports	Single Gym
8 a.m.-3 p.m.	Massage	Table 9
	Vision screening	Single Gym
	Open activity areas – indoor track, cardiovascular equipment & weight rooms	McComas
8:30-9 a.m.	Mindful Painting, Caroline Mullins, Honeysuckle Studio	Single Gym
9-9:30 a.m.	Chair Yoga, Shelly Rasnick, Assistant Director, Wellness, Recreational Sports	Single Gym
9:30-10 a.m.	Make and Take Glitter Jar, Victoria Arczynski and Ginny Pearson, Hokie Wellness Program Assistants	Single Gym
9:30 a.m.-2:30 p.m.	American Red Cross Mobile Blood Drive	Parking Lot
10-10:30 a.m.	Heart Smiling Mindfulness Practice, Dr. Alan Forrest, InStill Mindfulness SWVA	Single Gym
10-11 a.m.	Tai Chi – Young Ju	Fitness Studio A
10:30-11 a.m.	Breast Health Presentation	Single Gym
	Queenax Boost – Zak Worrell, Fitness Coordinator, Recreational Sports	McComas Third Floor
11-11:30 a.m.	Infant conscious/unconscious choking training – Lyncee Kowalcik, Aquatics Coordinator, Recreational Sports	Single Gym
	Yoga – Shelly Rasnick, Assistant Director, Wellness, Recreational Sports	Fitness Studio B
11 a.m.-2 p.m.	Virginia Tech Dining Services Food Trucks	Parking Lot
11:30 a.m.-12 p.m.	Mindful Painting, Caroline Mullins, Honeysuckle Studio	Single Gym
12-12:30 p.m.	BodyPump – Ethan Kerr, Fitness Manager, Recreational Sports	Fitness Studio A
12-1 p.m.	Departmental Battleship Challenge	McComas Pool
1-1:30 p.m.	Make and Take Glitter Jar, Victoria Arczynski and Ginny Pearson, Hokie Wellness Program Assistants	Single Gym
	Yoga – Shelly Rasnick, Assistant Director, Wellness, Recreational Sports	Fitness Studio B
1:30-2 p.m.	Body Scan Mindfulness Practice, Dr. Anna Pittman, InStill Mindfulness SWVA	Single Gym
2-2:30 p.m.	Queenax Boost – Zak Worrell, Fitness Coordinator, Recreational Sports	McComas Third Floor
	Chair Yoga, Shelly Rasnick, Assistant Director, Wellness, Recreational Sports	Single Gym
2:30-3 p.m.	Breast Health Presentation	Single Gym

Exhibitors

Exhibitor	Table
Addiction Recovery Research Center	21
Aetna	48
AFLAC	55
American Cancer Society	37
Anthem BCBS	46
Aon Hewitt	45
Barrows	10
Blacksburg Boxing & Fitness, LLC	33
Blacksburg Dept. of Parks & Recreation	31
Blacksburg Eye Associates	62
Blacksburg Fit Body Boot Camp	70
Blacksburg Pilates & Fitness	30
Carilion Children's Hospital	72
Carilion Clinic Orthopaedics	73
Carilion Clinic Vascular Surgery	38
Carilion New River Valley Medical Center	51
Carilion New River Valley Diabetes Education Services	49
Carilion New River Valley Nutrition Services	50
Carilion New River Valley Women's Services	76
Carilion Otolaryngology	71
VelocityCare	Hallway
Carilion Wellness	24
Christiansburg Dept. of Parks and Recreation	34/35
CommonHealth	64
Community Health Center of the NRV	56
Community Housing Partners	52
Delta Dental of VA	47
Diabetes Prevention Program	17
English Meadows at Home	65
Enroll Virginia	54
Family Therapy Center of Virginia Tech	12
Fidelity Investments	25
Hethwood Apartment Homes	28
H&R Block	23
ICMARC	40
InStill Mindfulness SWVA	11
Kroger	2
Legal Resources	44

Exhibitor	Table
Lewis Gale Regional Health System	60/61
Massage Therapy	9
Member One Federal Credit Union	67
Minnesota Life	57
New River Healing Arts	22
New River Valley Agency on Aging	53
New River Valley Disability Resource Center	29
Real Life Dental	1
Real Life Smiles	6
River Ridge Dermatology	39
Social Security Administration	32
Standard Insurance	43
Susan G. Komen Virginia Blue Ridge	58
TIAA	74
TIAA Beverage Station	75
Total Motion Physical Therapy	69
Tuck Chiropractic	66
Virginia College Savings Plan	68
Virginia Cooperative Extension	26
Virginia Governmental Employees Assn (VGEA)	59
Virginia 4-H	27
Virginia Department of Health	7
Virginia Retirement System	77
VT ADA Services	16
VT Adult Day Services	18
VT Alternative Transportation	19
VT Assistive Technologies	5
VT Benefits	41
VT EHS Ergonomics	3
VT EHS Occupational Health Clinic	4
VT Hokie Wellness	Hallway
VT Office of Emergency Management	14
VT Police Dept	15
VT Recreational Sports	Hallway
VT Reiki Club	8
VT Women's Center	20
VT Workman's Comp	42
Warm Hearth, Inc.	36

Stop by TIAA table 75 from 7:30 a.m.-1 p.m. for a complimentary warm beverage.





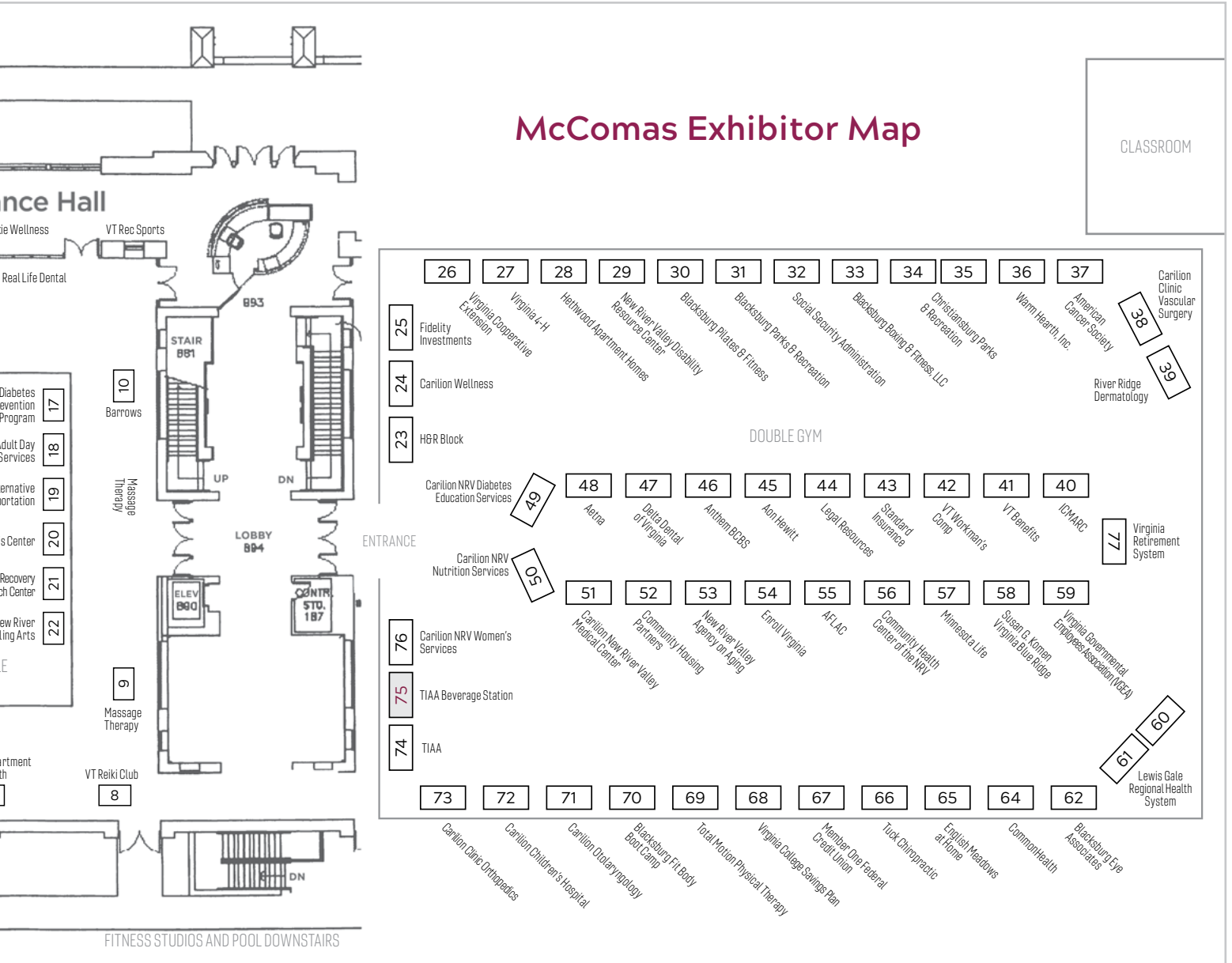
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Presented by the
Divisions of Human Resources and Student Affairs,
and



McComas Exhibitor Map





Scavenger Hunt

Complete a minimum of **20 questions**. Present your completed and signed form to the H&R Block Table 23 to claim your **free VT shirt**. First come, first served basis.

Sponsored by  **H&R BLOCK**

Question	Answer	Signature & Booth Number
Who is the sponsor of the health & benefits fair?		
What is a benefit of Invisalign?		
How many group exercises classes does recreational sports offer weekly?		
What is your risk for developing diabetes?		
High blood pressure is anything over ____/____.		
Why is good posture important?		
My blood pressure today is		
What is one benefit of acupuncture?		
Why are regular dental appointments important?		
How many servings of fruits and vegetables should you consume daily?		
When is the last day to file income taxes?		
Try a group exercise or Queenax demonstration while at the health fair today.		
How often should I receive a Tdap (tetanus, diphtheria, pertussis) vaccination?		
What is reiki?		
When is the correct time to apply sunscreen?		
What are some signs and symptoms of depression?		
Participate in a program in the demonstration area of the single gym today.		
How often should you visit the eye doctor?		
Name one mode of alternative transportation.		
What is one service provided by the New River Valley Agency on Aging?		
Who are the owners of Blacksburg Boxing and Fitness?		
What program will Community Housing Partners provide on campus for Virginia Tech employees this spring?		
What is the maximum cash match per pay period for employees that participate in the 403(b) or 457(b) plan?		
Name a program offered by Instill Mindfulness SWVA.		
The first ____ visits are free when utilizing the employee assistance program (EAP).		

Join the Hokie Wellness Listserv to receive updates about programs and events. Email hokiewellness@vt.edu to sign up. hokiewellness.vt.edu

