

# 28<sup>th</sup> Health and Wellness Expo

## Schedule

Time	Event	Location
7:30am- 8:30am	Spiritual Walkers walk	Outside FBCG
8:30am	Church doors open	
9:00am- 11:00am	General Session featuring: Dr. Heber Brown III & Dr. Anita Philips (streaming)	Sanctuary
11:15am- 12:00pm	Session I: Nutrition and Health Session by James Tate (streaming) Mental Health and Wellness Session by Elisa Gilmore Fitness Demonstration by Romona Wiltshire	Sanctuary Room 1305 Connector Lawn
12:10pm- 12:55pm	Trust me, I'm A Doctor Panel (streaming): Dr. Gayle Jones Dr. Don Shell Dr. Saadia Griffith-Howard Pamela Creekmur - Moderator	Sanctuary
1:05pm- 1:50pm	Session II: Mental Health Session by Dr. Philips (streaming) Cooking Demonstration by Chef Cotton Fitness Demonstration by Joyce McKinnon	Sanctuary Connector Connector Lawn
2:00pm- 2:45pm	Session III: Cooking Demonstration by Chef Kwesi Fitness Demonstration by Sensei Alphfonzo Pearsall	Connector Room 1201
3:00pm	Expo Ends	

## Vendor, Exhibitor, and Screener Locations

Name	Category	Room
Full STEAM Ahead Academy	Academic	2109
God Always Wins GAW	Academic	2110
Blossoming Butterfly Warriors	Autoimmune	2106
PG Pathways Hopkins	Autoimmune	2106
Callie's Balloon Creations & Clown Service	Balloon animals	Connector
NOWINCLUDED (Powered by Acclinate)	BIPOC health	2109
Touch 4 Life	BIPOC health	B4

Howard University Cancer Center, Clinton Burnside	Cancer	2007
Shelton, MD, Artie	Cancer	C1
University of Maryland Project HEAL	Cancer	C2
Weinberg, Amy	Cancer	C3
Open My Heart Foundation,	Cardiology	2107
Smaw, Larry	Chess	Connector
40+ Double Dutch Club (DC Sub-club)	Fitness	Outdoors
Cookie YAY	Food vendor	Outdoors
McHenry Mitchell, Kisha	Food vendor	Outdoors
Bronze Foot and Ankle Center Bond	Foot and ankle	2009
Anne Arundel Gastroenterology Associates, P.A	Gastro	N3
Can I Grieve University, Can I Grieve LLC	Grief Support	B6
Healthy Bodies Healthy Minds Yoga and Wellness for Families	Holistic	C9
Gottlieb, Mark	Insurance	B5
Mbacam Insurance Benefits LLC, Mbah	Insurance	B3
United Healthcare	Insurance	2110
Alzheimer's Support, FBCG	Ministry	B11
BODY by Christ, FBCG	Ministry	B8
Fitness Ministry, FBCG	Ministry	B7
Health Ministry, FBCG	Ministry	B9
Mental Health Support Ministry, FBCG	Ministry	B12

Missions Stations- Soul Station, FBCG	Ministry	B10
AdvoCare Health & Wellness Coach Co. Elizabeth Dortch	Nutrition	N1
Bright Starr Pediatric Dentistry Dental office	Pediatric	B1
FIT4MOM Woodmore	Pediatric	2008
Physiocare Rehab and Wellness	Physical therapy	2012
A Queen Momma Doula Services Crystal Jackson	Prenatal	B2
Crowned & Cradled Caldwell	Prenatal	2007
Ali Total Wellness	Recreational/ CPR Demo	2108
Department of Parks and Recreation, M-NCPPC	Recreational/ CPR Demo	2107
George, Robert	Recreational/ CPR Demo	2111- 2112
Link for Life CPR Training Center	Recreational/ CPR Demo	2006
Advanced Integrative Health Group LLC	Screening	2010
Kaiser Permanente	Screening	1201
Aging & Amazing LLC	Senior care	C4
Alzheimer's Association	Senior care	C7/ C8
Caregiver Biz	Senior care	C10
Pickett Fences Senior Services, Inc	Senior care	1211
Quantum Senses	Senior care	1211
Quiet Manor Assisted Living Facility	Senior care	C11/ C12
Serenity Estate Home Care	Senior care	C5
Visiting Angels Homecare Agency	Senior care	C6

Exum, Kaila	Stretch therapy	2001
-------------	-----------------	------