

**The Eastport-South Manor Central School District**  
**INVITES VENDORS to join our**  
**Health, Wellness and Fitness Fair**  
**May 11, 2017**  
**Thursday from 4:00pm-8:00pm**



**Be a part of this fun and informative evening when over fifty of the community's leading health, wellness and fitness experts offer advice on how to maximize your wellbeing, and present new and innovating ways to take advantage of local resources.**

**Where:** Eastport-South Manor Junior-Senior High School, Gymnasium. If you are interested in being a vendor, please go to our *Eastport-South Manor website* ([www.esmonline.org](http://www.esmonline.org)) to sign up or email *Linda Weiss* ([weissl@esmonline.org](mailto:weissl@esmonline.org)) for additional information. Below are examples of the types of vendors that we hope will join us. The best health fairs have a variety of information, resources and activities, such as:

<p style="text-align: center;"><b>Awareness &amp; Educational Information</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Self-care information</li> <li><input type="checkbox"/> Child safety</li> <li><input type="checkbox"/> Stress information</li> <li><input type="checkbox"/> Women's/Men's health issues</li> <li><input type="checkbox"/> Nutritional information</li> <li><input type="checkbox"/> Dental and oral health</li> <li><input type="checkbox"/> First aid and emergency preparedness</li> <li><input type="checkbox"/> Childcare resources</li> </ul>	<p style="text-align: center;"><b>Lifestyle Information &amp; Screenings</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Body mass index (BMI)</li> <li><input type="checkbox"/> Bone density testing</li> <li><input type="checkbox"/> Flexibility testing</li> <li><input type="checkbox"/> Glucose testing</li> <li><input type="checkbox"/> Total cholesterol testing</li> <li><input type="checkbox"/> Hearing exams</li> <li><input type="checkbox"/> Blood pressure screenings</li> <li><input type="checkbox"/> Cancer &amp; preventive exam schedules</li> <li><input type="checkbox"/> Substance abuse information</li> </ul>	<p style="text-align: center;"><b>Demonstrations &amp; Activities</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> CPR</li> <li><input type="checkbox"/> First aid</li> <li><input type="checkbox"/> Emergency preparedness</li> <li><input type="checkbox"/> Carbon monoxide poisoning information</li> <li><input type="checkbox"/> Fire extinguisher demonstrations</li> <li><input type="checkbox"/> Yoga</li> <li><input type="checkbox"/> Martial arts</li> <li><input type="checkbox"/> Aerobic step demonstrations</li> <li><input type="checkbox"/> Exercise equipment demonstrations</li> </ul>
<p style="text-align: center;"><b>Providers of Health Promotion Programs</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chiropractic/podiatrist offices</li> <li><input type="checkbox"/> Massage therapists</li> <li><input type="checkbox"/> Exercise equipment specialists</li> <li><input type="checkbox"/> Fitness centers</li> <li><input type="checkbox"/> Local hospitals/clinics</li> </ul>	<p style="text-align: center;"><b>Community Resources</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Restaurants/grocery stores</li> <li><input type="checkbox"/> Childcare and eldercare agencies</li> <li><input type="checkbox"/> Food co-ops for healthy food samples and recipes</li> <li><input type="checkbox"/> Farmers' markets</li> <li><input type="checkbox"/> Community education (community college)</li> </ul>	<p style="text-align: center;"><b>Food Service</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Free samples of healthy foods</li> <li><input type="checkbox"/> Discounts on certain food items the day of the health fair</li> <li><input type="checkbox"/> Food storage safety demonstration/education</li> <li><input type="checkbox"/> Healthy cooking demonstrations</li> </ul>

**Important Notice:** The Eastport-South Manor Central School District offers this Health, Wellness and Fitness Fair as a service to our community. The school district does not endorse or support any of the participating vendors.