

# Women's Health Expo

## Frequently Asked Questions

### What is the day and time?

Saturday, February 9, 2019

10:00am–2:00pm

*Doors will not open before 10:00am*

### Where is the Expo?

Fountain of Life Center

2035 Columbus Road

Burlington, NJ 08016

If you are traveling on Route 295, use Exit 52A

If you are traveling on Route 130, turn onto Columbus Road

### Is there an admission fee?

Parking and admission to the Expo are free. The services that Deborah Heart and Lung Center provides—including food sampling stations, massages, and health and wellness activities—are also free. Additionally, all the health screenings provided by Deborah are given at no cost. There are a variety of vendors at the Expo, however, and they do offer products for sale.

### What types of health screenings are offered?

There are a wide variety of health screenings offered by Deborah, including:

Blood pressure screening	Lipid/cholesterol screenings
Body mass index (BMI)/ body fat analysis	Pulmonary function testing
Lung cancer, asthma, and sleep apnea screenings	Nutrition
Wound care	Balance
Peripheral arterial disease (PAD) screenings	

Clinical staff from Deborah's Pharmacy, Pediatric Cardiology, and Endovascular Medicine Departments will be available, as will information about Deborah's Structural Heart Program.

A number of outside healthcare organizations are also offering screenings, including:

Skin cancer screenings and HIV testing by Burlington County Health Department

Posture screenings by Mt. Laurel Chiropractic

Hearing screenings by Associates in Hearing Healthcare

Deborah physicians will be on site to discuss the results of the screening tests with visitors to the Expo.

### Do I have to pre-register for the event or the screenings?

There is no pre-registration for the Expo. Once at the event, there is a form that visitors sign to be screened. The blood draws for cholesterol screening require registration at the event. This screening is limited to the first 250 registrants.

### What happens after I am screened?

After receiving those Deborah health screenings that you choose, you are encouraged to discuss your results with a physician, who will sit down with you one-on-one to talk. If there is an abnormal result, the physicians will offer you information on resources if you need follow-up care. There is no obligation to receive any follow-up care at Deborah Heart and Lung Center.

### What other activities are at the Expo?

Since wellness is key to good health, Deborah has invited many like-minded partners to join us at the Expo. These include companies and non-profits that have information and resources covering a wide range of topics. There are a variety of wellness, health, and beauty activities at the Expo, including complimentary chair massages, fitness routines, hair and make-up stations, yoga and t'ai chi, and a jewelry craft. Radio station B101 will be on hand in the morning spinning tunes, and at noon Elaine and the Cimarron Sky Band will entertain with bluegrass and country music. There are door prizes and complimentary food-tasting stations. The Lead

Food Sponsor, Mario & Frank's II Italian Restaurant & Oven Fresh Pizza/Vintage Vineyards, is providing a pasta station, with other samplings offered by Tara's Tavern, Properly Fueled, Wawa, and Chick Fil-A. The first 1,000 visitors will receive a complimentary tote bag provided courtesy of Deborah, which is helpful when shopping the vendor tables that day.

**What is the most important thing I need to know about the Expo?**

Deborah's Women's Health Expo is a very popular event, and many women have been coming for years. It can be crowded, and although we plan for a large crowd, we simply cannot guarantee that everyone who attends will get to do everything. For example, the massage therapists can only perform so many massages in four hours, and when we reach that limit we can't accommodate any more requests. We have wonderful sponsors who donate the food to the Expo, but when that food runs out, there is no more. All the activities are first come, first served, so we suggest that you arrive right when the doors open at 10:00am if you want to try as much as possible!

Another really important thing is that our sponsors and vendors help make this event a success and we would appreciate you thanking and supporting them.

Also, February is National Heart Month! We urge you to take advantage of all the screenings that are available. The whole reason we do this is for women to pause and take a moment for themselves and their health. Heart disease is still the number one killer of women, and together we can make a difference!