



North Carolina State Employees'
Wellness & Safety
Expo



Welcome

TO THE 2018 WELLNESS & SAFETY EXPO

AUGUST 1, 2018 9AM - 3PM

JIM GRAHAM BUILDING, NORTH CAROLINA STATE FAIRGROUNDS

This program will provide you with all the information you need to make the most of your time at this year's Expo! The Main Stage Agenda is below and the center pages include a diagram of vendor locations.

Have a question? Find a volunteer in an Expo T-shirt for help!

MAIN STAGE AGENDA

- 9:00 a.m. Expo Opening and Welcome Program**
N.C. Office of State Human Resources
- 9:30 a.m. Zumba with MDC Moves**
Sponsored by N.C. Department of Health and Human Services, Murdoch Developmental Center Wellness Program
- 10:00 a.m. Cooking Healthy with Chef Doreen Colondres**
Sponsored by Novo Nordisk
- 11:00 a.m. Flavored by Spices with Antoinette Ware Martin**
Sponsored by Raleigh Seventh-Day Adventist Health Ministries
- 11:30 a.m. Line Dancing with Stani Sims**
Sponsored by N.C. Department of Health and Human Services Wellness Council
- 12:00 p.m. Cooking Demo with Kim Campbell**
Sponsored by PlanPure Nation
- 12:30 p.m. Hot Car Demo**
Sponsored by Safe Kids North Carolina, N.C. Department of Insurance
- 1:00 p.m. Cooking Demo with Molly Devine, RD, LDN**
Sponsored by LifeStyle Medical Center
- 2:00 p.m. Cooking Healthy with Chef Dorren Colondres**
Sponsored by Novo Nordisk
- 3:00 p.m. 2018 Wellness & Safety Expo Closing**

VENDOR & BOOTH ASSIGNMENTS

G12	Active Bodez	C13	N.C. 2-1-1	EF16	Relax The Back
H22	Alliance of Disability Advocates	C4	N.C. 401(k) and NC 457 Retirement Plans, N.C. Department of State Treasurer	C12	Rhyne, Savidge and Associates Ameriprise Financial Services, Inc.
E3	Allstate Benefits	A13	N.C. 811	H30	Rise Against Hunger
B15	American Cancer Society	H13	N.C. Department of Agriculture and Consumer Services, Structural Pest Control and Pesticides Division	D11	SAFE Haven for Cats
H18	American Diabetes Association	E12	N.C. Department of Agriculture and Consumer Services	H25	Saladmaster
A15	American Foundation for Suicide Prevention	D13	N.C. Department of Environmental Quality - Division of Air Quality	A17	Schneider Chiropractic of Garner, NC
H24	American Heart Association	E11	N.C. Department of Insurance - Safe Kids North Carolina	E20	Select Physical Therapy
106	American Red Cross Blood Drive	B2-3	N.C. Department of Public Safety - Correction Enterprises	G24	Seniors' Health Insurance Information Program (SHIIP), N.C. Department of Insurance
D15	American Red Cross - Triangle Area Chapter	G18	N.C. Department of Revenue	G28	Sertoma
D6	Associated Urologists of North Carolina, PA	E13	N.C. Department of the Secretary of State	C17	Sisters Network Triangle NC
F4	Bariatric Specialists of North Carolina	B13	N.C. Department of Health and Human Services/DPH, Health Hazards Control Unit	CD1	Sprint
A2	BB&T	C11	N.C. Department of Health and Human Services, Division of Public Health - Immunization Program	D19	St. Jude Children's Research Hospital
G4	Bladder Cancer Advocacy Network - NC Triangle Chapter	F11	N.C. Department of Health and Human Services, Division of Public Health - N.C. SHARPPS Program	C18-19	State Employees Association of North Carolina
H20	Camp Gladiator	A14	N.C. Department of Health and Human Services, Division of Services for the Blind	E7	State Employees' Credit Union
G23	Capitol Financial Solutions	G5	N.C. Department of Transportation, Division of Motor Vehicles License and Theft Bureau	G29	Summerfield Custom Wellness
A11	City of Raleigh - Commute Smart Raleigh	F7	N.C. Department of Justice - Attorney General's Office	G14	Susan G. Komen North Carolina Triangle to the Coast
H11	Community Care of Wake and Johnston Counties	107	N.C. Department of Transportation - Fire Extinguisher Training	E17-18	The Bannard Center, Dr. Daniel Bannard
C2-3	Correction Enterprises Optical	E14	N.C. Egg Association	G22	The Blood Connection
G21	Costco Hearing Aid Center	F19	N.C. Emergency Management. N.C. Department of Public Safety	C7	The City of Raleigh Parks, Recreation and Cultural Resources Department
D18	CPI Security	G25	N.C. Forest Service	F20	The Lucy Daniels Center
H16	Damsel IN DEFENSE	AF21-30	N.C. Governor's Highway Safety Program, N.C. Department of Transportation - Safety City	G2	The North Carolina Radon Program, N.C. Department of Health and Human Services
102	Diabetes Academy	104	N.C. Office of State Fire Marshal	G26	The Produce Box
G17	Division of Services for the Deaf and Hard of Hearing, N.C. Department of Health and Human Services	B17	N.C. Operation Lifesaver	C20	The Sergei Foundation
H29	DKMS - Delete Bone Cancer	H1	N.C. Office of State Human Resources, Division of Safety, Health and Workers' Compensation	A12	The Umstead Coalition
AB6-10	Duke Alzheimer's Disease Research Center	G1	N.C. Office of State Human Resources, Division of Total Rewards, Statewide Wellness	C15	TITLE Boxing Club
AB6-10	Duke Clinical and Translational Science Institute (Project Baseline)	C6	N.C. Problem Gambling Program	F18	Toastmasters International - District 37
AB6-10	Duke CTSI Community Engagement Core - Project Baseline	108	N.C. State Health Plan Biometric Screenings	B12	Tobin Family Chiropractic
AB6-10	Duke Early Phase Clinical Research Unit	B5	N.C. State Health Plan	B16	Tracy's Gourmet
DE9-10	Duke Health and WakeMed - Power of the Plus	H2-5	National Kidney Foundation	A19	Triangle Down Syndrome Network
AB6-10	Duke Homecare and Hospice	G3	Nationwide Pet Insurance	F5	Triangle Family Dentistry
AB6-10	Duke Life Flight	E1	NCFlex Benefits	E19	Trinity Debt Management
AB6-10	Duke Specialty Rehab Services Midtown	E2	N.C. State University, Department of Public Administration	103	UNC REX Heart & Vascular Outreach
AB6-10	Duke Sports Medicine	G27	N.C. State University - Eat Smart, Move More, Weigh Less	H17	Us TOO Prostate Cancer Support Group of Wake County
AB6-10	Duke Stroke Team	C16	North Carolina Eye, Ear, Nose & Throat	H26	VARIDESK
AB6-10	Duke: ADAPTABLE - The Aspirin Study	A20	North Carolina Falun Dafa Association	D16	Victor Technology LLC
G20	Elite Water Systems	H23	Novo Nordisk	101	Volunteer Station
G19	Ergotron, Inc.	AB1	P&A Group	E6	Voya
E4	EyeMed Vision Care	H28	Peloton	A3-4	Wake County Human Services HIV/STD Community Program - Counseling and Testing
A18	Fidelity Investments	B18	Physicians WEIGHT LOSS Centers	C14	Wake County Human Services, Communicable Diseases
F14	Food Bank of Central & Eastern North Carolina	F15	PlantPure Nation	H14	Wake County Public Health HIV/STD Community Program
H19	Freedom Family Chiropractic	F12	Plum Spring Clinic Holistic Wellness Center	GH6-10	WakeMed Physician Practices WakeMed Health & Hospitals
G30	Global Alzheimer's Platform Foundation	F17	PNC Bank	G11	Wells Fargo
H21	Healthtrax Fitness and Wellness	F3	Raleigh Seventh-Day Adventist Health Ministries	B4	Wells Orthodontics
H27	Hearing Loss Association of America	B20	Registration	D2-4	WeSave North Carolina - State Employee Discount Program
B19	HopeLine	100		B11	Wet'n Wild Emerald Pointe
OUTSIDE	Hot Car Demonstration, Safe Kids North Carolina, N.C. Department of Insurance			F13	Whole Family Chiropractic
C5	Identity Guard with Watson			A16	Winifred Bernard, Independent USANA Associate
F1	IDSShield			D7	WomenHeart:The National Coalition for Women with Heart Disease
G16	Isagenix			F6	Women's Health Branch, N.C. Department of Health and Human Services, Division of Public Health
D17	Jenell Consorti - Rodan and Fields			H12	You Call This Yoga
F2	JoeshelpLine and the Palombo & Friends Foundation, Inc.			D20	Young Living Essential Oils
A5	Kidznotes				
105	Labor One				
B14	Liberty Mutual Insurance				
D14	LifeStyle Medical Centers				
G13	Lung Cancer Initiative of North Carolina				
D5	MAS Medical Center				
E15	McLaughlin Young Group - NC EAP				
E5	MetLife				
GH15	MINORITY WOMEN HEALTH ALLIANCE				
D12	Mothers Against Drunk Driving of North Carolina				

2018 GOLD SPONSORS

Special thanks to Novo Nordisk for their exceptional support and to the N.C. Department of Agriculture and Consumer Services for providing use of the Jim Graham Building.

Allstate Benefits
Associated Urologists of North Carolina, PA
Bariatric Specialists of North Carolina
Correction Enterprises Optical
EyeMed Vision Care
Identity Guard with Watson
IDShield
JoesHelpLine and the Palombo & Friends Foundation, Inc.
MAS Medical Center
MetLife
Nationwide Pet Insurance
N.C. 401(k) & 457 Total Retirement Plans
N.C. Department of Public Safety / Correction Enterprises
NCFlex Benefits
PNC Bank
Sprint
Triangle Family Dentistry
Voya
Wells Orthodontics
WeSave North Carolina - State Employee Discount Program

PROGRAM HIGHLIGHTS

Have old medications (prescription or over-the-counter) in need of disposal?

Visit Booth E11.

Ever had to use a fire extinguisher?

Visit Space 107 to learn how to use one at home.

Got 15 minutes for a mammogram? Visit booth B5.

Is it ever safe to drive after drinking?

Find out in Safety City, Area AF21-30.

Learn how you can better control your diabetes.

Visit Diabetes Academy at space 102.

