

ALLEGANY COLLEGE OF MARYLAND • BEDFORD COUNTY CAMPUS

18 NORTH RIVER LANE • EVERETT, PA 15537-1410 • 814-652-9528, EXT.6200

(next to the Everett Area High School)



spring into health with ACM

FREE Health and Wellness Event for the Community

Saturday, March 3, 2012

10:00am to 3:00pm

at the Bedford County Campus

www.allegany.edu



Spring into health with ACM

Health and Wellness Training Sessions provided by ACM instructors and community members; Health and Wellness Activities/Information/Screenings are provided by local organizations and ACM Allied Health Programs.

All sessions and activities to be held at the Bedford County Campus in Everett, PA
Call 652-9528, extension 6200 if you have any questions.

Health and Wellness Training Sessions – Attend one or attend them all

10:00 am – 10:50 am

How to Improve Your Energy to 100%

with Dr. Darryl Warner, DC CCSMP

Would you like the secrets to improving your energy level back to 100%? Dr. Darryl Warner is a local chiropractor who specializes in optimal health and chiropractic sports medicine. Topics to be discussed are: why having a properly aligned spine is important to your health, proper nutrition, and how having proper blood work can determine if your supplements are working.

Living and Dying with a Will

with Merle Helsel, ACM Professor in Business Administration and Economics

The seminar will provide a brief discussion of the use and benefits of a "Living Will" and the use and benefits of a "Will." What is a Living Will and how does it differ from a Will? The two documents address very different matters. Find out who should consider a Living Will. Also learn what assets are administered by a Will and what assets are transferred outside a Will. The Pennsylvania Inheritance Tax aspects of death transfers will also be discussed.

11:00 am – 11:50 am

Yoga

with Christi Bonello, ACM Instructor in Integrative Health

Learn basic skills, principles and Yoga postures to develop a personal routine for mental, physical and spiritual training. Participants will develop an understanding of how Yoga can improve body flexibility and control relaxation to harmonize the body, mind and spirit. Please bring your own yoga mat if possible.

Food, Stress, and Coping

with Rick States, ACM Associate Professor in Psychology and Sociology

The presentation will explore the relationship between food, stress, & coping. Triggers for over-eating will be explored...as will strategies to increase self-awareness and self-control. The presentation will also include a brief self-assessment of one's eating behavior.

12:00 pm – 12:50 pm

Nutrition 911...Healthy Eating Tips to the Rescue

with Debra Frank, ACM Associate Professor in Hospitality Management

Join Registered Dietitian Debra Frank for a fun and informative session on making positive, healthy changes in your diet. We'll look at the Top Ten Superfoods and how to incorporate them into your meals. We will also discuss how to cook with health in mind. Eating healthy doesn't mean just eating sprouts and tofu. There's a world of flavors and cuisines to explore!

Bread of life, life of Bread

with Sandy Howsare, ACM Instructor in English & Speech Communications

There is nothing like walking into a kitchen where bread is slowly baking in a good, old cookstove! Baking bread from home-grown grains and laboring in the bread-making process erases expensive visits to a psychiatrist's couch. Being part of the entire bread process from field to table is exciting and awesome! Come, enjoy and participate!!

1:00 pm – 1:50 pm

T'ai Chi

with Rick States, ACM Associate Professor in Psychology and Sociology

A Chinese form of exercise, meditation self-defense, and self development, T'ai Chi focuses upon breathing, relaxation, and balanced body mechanics through choreographed movements. This session will introduce participants to the practice of T'ai Chi through discussion of T'ai Chi principles and performance of introductory T'ai Chi movements.

Living Well Gluten-free

with Leah Pepple, ACM Coordinator of Grants and Development for the PA Campuses and ACM Instructor in Business

Even though you have Celiac Disease, a gluten allergy, or gluten intolerance, you can still live well being gluten-free. Learn cooking tips and recipes for preparing tasty foods gluten-free that your whole family will love. This training session is not only a time to learn about gluten-free living but to share your tips, recipes and ideas with others who are faced with living well gluten-free.

2:00 pm – 2:50 pm

Keeping Your Computer Healthy and Protected

with Bob Elbin, ACM Professor in Computer Science and Technology

Topics covered in this session will include: Updating your computer...what is valid and what is not; Disk thrashing... Does your computer need a cleanup? Web Sites...How do they rate? Safe or Dangerous? Free tools to help keep your computer running smoothly.

Pet Wellness

with Bradley K. Foor, VMD, Veterinary Medical Center

Ticks and Fleas - Avoid the Fees!
Protect your pet from summer pests!

Additional Health and Wellness Activities/ Information/Screenings including:

ACM Allied Health Programs
Arthritis
Bone Density Screenings
Blood Pressure Screenings
Blood Typing
Breast Health
Caregiver Health
Dental Health ~ Oral Cancer Information
Drug and Alcohol Awareness and Prevention
Domestic Abuse Prevention
Glucose Checks
Diabetes Information
Herbal Supplements
Massages
Pulmonary Screenings
Smoking Cessation

The above activities/information/screenings provided by ACM Allied Health programs, ACM Nursing students, Daniel Ritchey's Dentistry, First Choice in Home Care, First Line Therapy, Health by Choice, Home Nursing Agency, Larry Myers, Personal Solutions, Inc., UPMC Bedford Memorial, Veterinary Medical Center, Warner Chiropractic, and Your Safe Haven.

All health and wellness activities are free of charge and open to all community members.



about the instructors

CHRISTI BONELLO – is an instructor of Yoga through Allegany College of Maryland's Continuing Education Health and Human Services. She holds a certificate from Temple of Kriya Yoga in Chicago and is continuing her studies with many Master Yoga teachers in America.

BOB ELBIN – is an Assistant Professor of Computer Science at Allegany College of Maryland and has taught for the past 9 years. Previous work experience includes 10 years as a high school math teacher and 18 years in the computer industry. He holds a Bachelor of Science degree in Mathematics and numerous computer certifications.

BRADLEY K. FOOR V.M.D. – Brad has served Bedford County and the surrounding area for the past 30 plus years as a veterinary and co-owner of Veterinary Medical Center at 609 Hospital Drive, Everett, PA. Brad graduated from Everett Area High School in 1970 and then in 1974 from University of Pittsburgh at Johnstown and in 1978 from the University of Pennsylvania School of Veterinary Medicine.

DEBRA FRANK – is a Registered Dietitian and Certified Hospitality Educator and has been a member of the Allegany College of Maryland faculty since 1986. She developed the original Food Service Management curriculum that has since evolved into two degree programs (Hotel-Restaurant Management and Culinary Arts), one certificate program (Travel/Tourism), and several Letters of Recognition.

Deb earned a B.S. in Nutrition with Distinction from The Pennsylvania State University and completed a dietetic internship at Shadyside Hospital in Pittsburgh, PA. She has completed graduate coursework in Education Administration from the University of Nebraska-Lincoln.

Along with David Jones and David Sanford, Deb co-authored an ARC grant that led to the development of the School of Hospitality, Tourism, and Culinary Arts. She oversees faculty, staff, and students in the operation of The Culinaire Café, a popular downtown Cumberland lunch spot. She has helped create a 45-seat Conference Center at The Gateway Center that hosts weekly seminars and luncheons.

MERLE HELSEL – is a Professor at Allegany College of Maryland with teaching experience in the fields of business law, accounting, taxation, personal finance, and economics. Mr. Helsel graduated from the Pennsylvania State University with a B.S. degree in Law Enforcement and Corrections and earned a Juris Doctorate degree from Dickinson School of Law in 1981. Mr. Helsel practiced law in the fields of taxation and estate planning and also has 20 years of experience in the banking industry during which time he served as Chief Financial Officer and subsequently, President and CEO of a community bank.

SANDY HOWSARE – as an adjunct faculty member, she has taught English 101, and speech communications 101 for Allegany College of Maryland for the past 10 years. She attended Frostburg State University where she received her degree. Sandy is a full-time farmer and lives on a 450 acre farm south of Clearville, PA. Her special interests are in English literature, teaching, planting, plowing, and gardening!

LEAH PEPPE – is the Coordinator of Grants and Development for the PA Campuses of ACM and assists the two PA non-profit foundations in raising scholarship dollars for students. She is also a part-time instructor in the business department. Leah holds a Bachelor's Degree in Elementary and Special Education from Duquesne University and a Master's Degree in Organizational Leadership from Geneva College. She lives a gluten-free lifestyle and still enjoys cooking, baking and eating out.

RICK STATES – is an Associate Professor of Psychology and Sociology at Allegany College of Maryland. He holds a Master's Degree in Clinical Psychology, additional graduate credits in Sociology, and is currently completing a Ph.D. in Psychology. Mr. States is licensed as a Professional Counselor in Pennsylvania and has 15 years of behavioral health work experience. His long-term personal interests include practice and instruction of various martial arts and T'ai Chi.

DR. DARRYL WARNER, DC CCSMP – Dr. Warner has served Bedford County's healthcare needs for over 20 years. He is a graduate of the University of Pittsburgh and The National College of Chiropractic and is a Certified Chiropractic Sports Physician. Dr. Warner has given numerous speaking engagements covering a wide range of health related topics.



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of Maryland**

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