6th Annual Spring into Health with ACM
FREE Health and Wellness Event for the Entire Family

SATURDAY, MARCH 5, 2016
10:00 am - 2:00 pm
AT THE BEDFORD COUNTY CAMPUS
www.allegany.edu
Health and Wellness Training Sessions provided by ACM instructors and community members; Health and Wellness Activities/Information/Screenings are provided by local organizations and Allegany College of Maryland.

All sessions and activities to be held at the Bedford County Campus in Everett, PA
Call 814-652-9528, extension 6200 if you have any questions about this event.

Health and Wellness Training Sessions — Attend as many as you like

10:30 am – 11:30 am

**Body Basics w/ Curves**
with Tammy Taylor, Manager of Curves, Certified with Cleveland Clinic in Nutrition, Exercise and Human Behavior

**KICK IT UP WITH CURVES!** Let’s have some FUN working your total body while getting fit! Basic moves to get you in the groove! Curves mission is to strengthen women, improve your health, and make do things you don’t want to, in order to become the person you’ve always wanted to be! So wear comfy clothes with your support shoes, and let’s make the choice for better health! **TODAY!**

**Important Topics in Dentistry**
with Dr. Shaina Foor, Licensed Dentist, practicing with Dr. David Bowser III in Fishertown, PA

Have you ever thought about whitening your teeth but not really known what to expect? Have you ever asked yourself “what exactly is oil pulling?” Do you wonder what’s so bad about silver fillings? These topics and more will be discussed today! Join Dr. Shaina Foor as she answers your questions about how to keep your teeth happy, healthy and smiling!

12:30 am – 1:30 pm

**Caregiver Burnout**
with Danielle Foor, Registered Nurse and Executive Director of Colonial Courtyard at Bedford, and Bobbi Howsare, Director of Sales and Marketing for Colonial Courtyard at Bedford

Caregiver Burnout is a state of physical, emotional, and mental exhaustion as the result of caring for a loved one. It is often accompanied by a change in attitude—from positive and caring to negative and unconcerned. One in three caregivers report feelings of depression. During this informative session, we will talk about the warning signs of caregiver burnout and the effects it has on both the caregiver and loved ones. We will also offer education on how to prevent Caregiver Burnout, as well as options in the community to assist in caring for loved ones.

**Vaping, Health and You**
with ACM Respiratory Therapist Assistant students: Casey Gorsuch, Mariah Reasy, Stephen Simon and Respiratory faculty Dr. William Rocks and Paula Fuller

Join the Respiratory students for an informative session/debate about whether e-cigarettes are actually safe or less harmful than tobacco cigarettes. This session will also provide participants with information on different smoking cessation techniques.

Learn about the different aspects of diabetes including nutrition, sick days, signs and symptoms of hyperglycemia and hypoglycemia, exercise, supplies and dining. Also learn the breakdown of the five food groups, the importance of the intake of vitamins and minerals, and the importance of staying hydrated and active. A demonstration of the exercises that could be done at different levels will conclude this presentation.
Movin’ ‘N’ Groovin’ for Health: An Integrative Wellness Approach
with Cherie Snyder, ACM Professor in Human Service

Integrative Wellness embraces a mind, body, and spirit approach to health. Movement—rather than exercise—is emphasized and having fun while moving is a priority! Join us for laughter and fun as we move and grove!

Activities Just for Kids:

Bicycle Safety Information
Children’s Activities, Crafts, and Games
Decorate a Bookmark
Fire Prevention and Safety House Trailer and Tours
Physical Therapy Education and Activities
Bicycle Safety Information
See Emergency and Law Enforcement Vehicles

These additional activities/information/screenings provided by:

Allegany College of Maryland Faculty, Staff, and Students including:
  - Computer Science/Cybersecurity • Human Services •
  - Medical Assistant • Nursing • Occupational Therapy Assistant •
  - Physical Therapist Assistant • Respiratory Therapist

Bedford Acupuncture
Curves of Bedford
Droyer Physical Therapy Institute
Everett Boro Police
Everett Fire Company
First Choice in Home Care
Home Nursing Agency
IntegraCare/Colonial Courtyard
IT Works
Juice Plus
Personal Solutions, Inc.
Raystown Ambulance
Relay for Life
Skills of Central PA
UPMC Bedford Memorial
Wild Tree
Yoga
Young Living Essentials Oils
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.

DANIELLE FOOR – is the Executive Director of Colonial Courtyard at Bedford. She holds an Associate's of Science Degree in Nursing from Allegany College of Maryland and is a Certified Personal Care Home Administrator through Penn State Beaver. She has over ten years experience in nursing and senior care. Along with the Colonial Courtyard at Bedford team, Danielle participates in many events throughout the year to raise funds for Luke’s Wings, a non-profit organization founded to reunite wounded warriors, veterans, and heroes with their loved ones when they need them the most. She resides in Everett with her husband and three pit bulls, two of which are rescue dogs.

SHAINA FOOR – is a licensed dentist from the Everett area. She graduated in 2011 from the University of Pittsburgh at Johnstown with a Bachelor’s Degree in Biology and a Chemistry minor and then went on to Case Western Reserve University’s School of Dental Medicine, graduating in 2015. Dr. Foor is a lifetime member of both the Phi Kappa Phi honor society and the Delta Sigma Delta dental fraternity. She feels very fortunate to be able to return to her hometown to practice after graduation and is eager to share any knowledge or advice about dental care that she can. She currently practices with Dr. David Bowser III in Fishertown, PA.

BOBBI HOWSARE – is the Director of Sales and Marketing and has been part of the Colonial Courtyard at Bedford team since September of 2014. She holds a Bachelor’s Degree in Art and a Minor in Art History from Penn State University. Bobbi is the Vice President of the Young at Heart Games, a Senior Olympics program in Bedford County for those who are 50+ years of age. As an employee of Colonial Courtyard at Bedford, Bobbie enjoys working in the community and visiting with the seniors. She loves working with families and educating them on options for “burnt-out” caregivers.

WILLIAM ROCKS – is a professor and program director in the Respiratory Therapist Program and the Co-coordinator of Leadership Development Services at Allegany College of Maryland. He earned a Bachelor’s Degree in Education from California State College, a Master's Degree in Health and Education from Frostburg State University and a Doctorate in Educational Leadership from West Virginia University. He has been an employee at Allegany College of Maryland since 1984. He has served as a Maryland Board Member of the American Lung Association and is currently serving as a board member for Tri-State Community Health Center and is a member of the American Association for Respiratory Care. Dr. Rocks is an alumnus of Leadership Allegany.

CHERIE SNYDER – MSS, MA, holds the rank of Professor at Allegany College of Maryland (ACM) where she has taught since 1987 and serves as the Director of the Human Service Associate curriculum and the Integrative Health program. In addition to clinical coursework in Human Services, Ms. Snyder teaches classes in integrative health, holistic health psychology, and mind body skills. She has received numerous awards for her teaching, including Outstanding Faculty member, Outstanding Social Science Faculty member; the Sanner Award for Outstanding Teaching, and the 2012 NISOD Award for Leadership and Teaching Excellence. A social worker since 1974, Cherie received her BA from Dickinson College in Carlisle, Pa (1972), her MSS from the Bryn Mawr School of Social Work and Social Research (1974), and an MA in Social Gerontology from the University of Pennsylvania (1984). She is certified to teach Leadership Development classes by Phi Theta Kappa (1993) and in Mind/Body Skills by the Center for Mind/Body Medicine in Washington, DC (2001). Ms. Snyder also serves on the faculty of the Center for Mind/Body Medicine directed by Dr. James Gordon.

TAMMY TAYLOR – is the Manager, Nutrition and Fitness Coach at Curves in Bedford. She holds a Certificate from Cleveland Clinic in Nutrition, Exercise and Human Behavior. She also has a License in Management and Teaching. Her love for people and seeing them succeed is the drive that helps her to motivate them. Special interests are exercise, dancing, reading, outdoors, family and friends. She also takes pride in supporting the community in different functions such as, The Strides Against Breast Cancer Walk, Local Food Drives, Domestic Abuse Centers and Health Fairs and more!

Allegany College of Maryland

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