



Wellmark Blue Cross and Blue Shield Health & Wellness Village

Keep up-to-date on the latest in health and wellness from local universities, and fitness, medical, and health professionals.

Des Moines University

Surgery Department-Practice *doing surgery* with laparoscopic trainers

Cardiology Department-Get information about blood pressure, ABI's (test for peripheral vascular disease), metabolic syndrome, and cardiovascular risk assessment. Discover the parts of the human heart with a heart model.

Pediatrics Department-*What is in a Doctor's Bag?*: An activity showing children how medical equipment, like a stethoscope, tuning fork, lights, otoscope, are used by healthcare providers. Also get information on physical activity for kids that emphasizes the importance of physical activity during childhood.

Pulmonology Department-Take part in a demonstration on the effects of asthma by doing jumping jacks, then breathing through small straws.

Musculoskeletal Medicine Department-Learn about Osteopathic Manipulative Medicine treatments and the osteopathic philosophy.

Oncology Department-Get a breast cancer risk assessment and risk factor training.

Pharmacy Department-Count *candy pills* like a pharmacist.

Fitness Testing with USAT Certified Triathlon Training Center

The Great River Medical Center is the only certified USAT training center in the Midwest. Their Center for Rehabilitation Services will provide fitness testing for running, biking and swimming with certified USAT instructors and coaches, demonstrate VO2-max testing, and promote the sport of triathlon on the Great River Medical Center Wellness Stage. Great River Medical Center is a regional medical center offering acute, skilled and intermediate care to residents of southeast Iowa, west-central Illinois and northeast Missouri. The hospital offers comprehensive medical and surgical services on an inpatient and outpatient basis.

Firehouse Yoga Studio

The Firehouse Yoga Studio will provide demonstrations on yoga, reiki, healing touch, and pilates throughout the three days of the event. See complete schedule for more details.

Aspen Athletic Club

Take part in BodyJam and see BodyPump demonstrations throughout the weekend on the SnapSports Demonstration Court, and learn more about Aspen Athletic Club programs, including martial arts and kids activities on the Great River Medical Center Wellness Stage. See schedules for further details.

BeWell Health Products, Inc.

BeWell will feature the Nasopure Nasal Wash System. Seminars on the Great River Medical Center Wellness Stage are at Noon on Friday, June 15, 11 a.m. on Saturday, June 16, and 10:30 a.m. on Sunday, June 17.

IOWA OUTDOOR



WELLNESS ADVENTURE



Des Moines Area Community College

Stop here to calculate your Body Mass Index, get a postural assessment, and body-composition testing.

Iowa Chiropractic Clinic and Sports Injuries

Iowa Chiropractic Clinic and Sports Injuries will provide guests with information about chiropractic and how it can help them live a healthy lifestyle from Dr. Wes Nyberg and Dr. Aaron Martin. Staff will perform free spinal screenings with computerized scanning equipment. Iowa Chiropractic Clinic and Sports Injuries will also have a state of the art thermographic scanning device to measure imbalances in feet.

Iowa Health-Des Moines

Have your blood pressure checked from Iowa Health-Des Moines health professionals. Learn about a unique prevention program that focuses on heart and vascular health for communities and businesses throughout Iowa. Iowa Health's mission is to help prevent heart disease and stroke before they become a problem, and to help Iowans understand their risk factors.

Partnership for Better Health

The Partnership for Better Health is comprised of various health advocacy groups, health care professionals, unions, and health related businesses. It was created with the purpose of educating the presidential candidates and individuals on the true cost of chronic disease in our health care system and to provide information on the solution of prevention intervention and innovation. Their goal is to educate the public on the cost of chronic disease and the solution of prevention, intervention, and innovation.

Stadia Sports Medicine

Stadia Sports Medicine is a sports medicine clinic. This organization will have a treadmill available to demonstrate a portable cardiopulmonary testing system along with promoting a massage technique called ASTYM that is used for chronic tendonopathies.

Thanks to these sponsors for keeping I.O.W.A. free to attend!



Great River Medical Center
Wellness Stage Sponsor
Delta Dental
Mercy Emergency Services

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