THURSDAY AND FRIDAY
MARCH 21 & 22
7 AM - 1 PM
POND STUDENT UNION
**The “Juice Bar” is Open!**
**Thursday and Friday**
**7:30, 9:30, and 11:30 a.m.**
Demonstrations will be given on how to make healthy juices to incorporate more fruits and vegetables into your diet. Samples, information and recipes will be provided.

**“Eat Your Way Everyday”**
**Thursday and Friday**
**8:30, 10:30 a.m. and Noon**
Demonstrations on eating healthy with many cultural substitutions. Breakfast Burritos and Stir Fry’s are on the menu. Samples, information and recipes will be provided.
ABC’s of Diabetes Community Health Check

ABC’s of Diabetes Community Health Check will provide 2-minute foot exams, balance, flexibility & Get Up & Go screening, Blood sugar, A1C, medication review, self-management strategies, & nutrition information available to participants.

*Health Education - Self-management strategies - education on action planning & goal setting.*

Under the direction of Cherie Nelson, MPH from Southeastern Idaho Public Health, the ABC’s Community Health Check has been providing screenings to rural communities throughout Southeast Idaho. This is an interdisciplinary group of ISU health professionals providing health diabetic health screenings throughout Southeast Idaho.

Your Blood Pressure today is:

____________________________

Blood Pressure Classifications:

Normal
Less than 120/80

Pre-hypertension
120/80 to 139/89

Stage 1 Hypertension
140/90 to 159/99

Stage 2 Hypertension
More than 160/100

Access Home Care and Hospice

Learn about how Home Health is covered under the Medicare regulation, as well as hospice and home medical equipment. Access Home Care and Hospice’s team of professional and volunteer caregivers has provided comfort and medical care to many people in Eastern Idaho for the past seven years. Whether a person needs home care, hospice, in-home medical equipment, or just someone to cook and clean in the home, Access Home Care and Hospice is there to help.

Agape’ Birth Center

Maternity care choices including out-of-hospital birth with Certified Professional Midwives. Includes information on the Midwifery Model of Care, healthy pregnancy, avoiding unnecessary cesarean, and other choices available to childbearing families. We will have our own backdrop behind the table. We will offer samples of herb tea with a list of the ingredients and their benefits as well as handouts on Certified Professional Midwives, the Midwifery Model of Care, How To Stay Healthy in Pregnancy, latest studies on safety of birth center births, how to avoid cesarean section, and other handouts related to pregnancy and birth issues. We will have a laptop computer showing videos and slides that people can watch.

Agape’ Birth Center is a freestanding birth center staffed by licensed Certified Professional Midwives. We offer complete prenatal and postpartum care as well as home and birth center births. We are the only experienced providers of waterbirth in southeast Idaho.

Alcoholics Anonymous

Alcoholics Anonymous is a self help support group for anyone wishing to recover from the effects of alcoholism. Alcoholics Anonymous (AA) was established in June 1935. AA is a world wide organization that helps people to recover from the addiction of alcoholism!

Alpine Animal Hospital

Veterinary Care

Animal health care and treatments

Alta Animal Hospital

Preventative Annual Wellness Plans (PAW Plans), these plans provide your pet all the preventative care needed, which four (4) total exams and all the vaccines recommended by our Veterinarians. Our PAW Plans also include such services as annual bloodwork, spay and neuter surgery, and annual dental cleanings. Our PAW Plans provide all these services at 50% off the normal price and can be paid in monthly payments.

Alta Animal Hospital exists to provide kind, compassionate, friendly, and thorough medical and surgical care of dogs and cats with an emphasis on preventative and early detection medicine, while at the same time, keeping in mind and in action the concerns and desires of the pets’ owners.

Area Agency on Aging

Aging resources in southeast Idaho. Alzheimer’s disease, Caregiver information, Medicare Fraud and Abuse and support options.

CarePatrol of East Idaho

Assisting families in finding the safest and appropriate care for their senior loved ones at no cost to the families. My goal is to research, and find the absolute best care environment possible - whether that is through assisted living, Alzheimer’s or Dementia Care, or any other type of senior care.

SPECIAL THANKS TO
A&J Floral Designs
Owner Brady Prescott
2025 Flandro Dr.  • 238-0144
Chubbuck Chiropractic
We will be doing a computerized evaluation of the autonomous nervous system. We will also be answering any questions about chiropractic adjusting, and health in general. We will also have a massage therapist with us to instruct and demonstrate the value of massage to the health and well being of the health fair participants.
Chubbuck Chiropractic has been providing specific, gentle adjustments to promote Health and Wellness for the people of Pocatello and Chubbuck since 2000.

Comfort Keepers 168
Comfort Keepers provides “Comforting Solutions for In-Home Care” through “Interactive Caregiving” and Home Safety Solutions, to help seniors maintain their dignity and independence safely in the comfort of their own homes.
Comfort Keepers philosophy of care, called Interactive Caregiving, provides Personal Care and Homemaker/Companion services to help keep people Happier, Healthier and at Home based on inter-related lifestyle factors: Mental Vitality, Physical Activity, Social Engagement and Emotional Support, as well as through Home Safety Technology called “Safety Choice by Comfort Keepers.” For 12 years, Comfort Keepers In-Home Care, has helped our clients in the Pocatello area remain in the comfort of their own homes and apartments by providing interactive Personal Care and Homemaker/Companion services.

Compassion & Hope Pregnancy Center
We offer a life steps program that allows women and men to come in and take classes on parenting, child development, nutrition, budgeting etc. We also have maternity and baby supplies that can be earned while taking the life steps courses. We will also have brochures and information on sexually transmitted diseases as well as an interactive game that will include the facts about sexually transmitted diseases and infections.
Compassion & Hope Pregnancy Center is a non-profit organization helping women of all ages who are facing an unexpected pregnancy. We offer pregnancy tests, pregnancy information and education, and parenting programs. We offer information about adoption and adoption services. We also give referrals for community services. We offer information and education on sexually transmitted diseases and sexually transmitted infections. All of our services are free and confidential.

Community Nutrition I
Eat Your Way Every Day
People from different cultures can eat healthy their way everyday.
This is the National Nutrition Month (March) theme of the Academy of Nutrition and Dietetics.” This will be an interactive learning center that will include information on how to eat healthy incorporating all foods appropriate for one’s culture.
Students will provide a cooking demonstration twice each day making a stir fry including foods for different cultures and ethnic groups. Colorful handouts and recipes will be provided.
There will be two groups from the Applications in Community Nutrition Course participating in the health fair. Each group will provide two cooking demonstrations each day on the hour staggered (9 am, 10 am, 11 am and 12 noon)

Community Nutrition II
Get Juiced! Juice Bar
Students will demonstrate how to make healthy juices to incorporate more fruits and vegetables into one’s diet. They will provide demonstrations twice each day of the fair with a variety of ingredients to sample. Handouts and recipes will be given away.
Students from the Applications in Community Nutrition course will have two different nutrition tables and topics. These are juniors and seniors in the dietetic program at Idaho State University. Each group will present a cooking demonstration twice each day of the fair so that there will be one presentation starting every hour between 9 and noon.

Costco Wholesale
What health options Costco has to offer such as Optical, Pharmacy, Hearing aid, and even fitness clothing. Costco Wholesale is a membership club that offer the top quality product for the lowest possible price.

DOVE-Idaho
What are the benefits of Natural Childbirth? How the Fear-Tension-Pain cycle works in labor. The cascade of interventions, epidural side effects, facts about satisfaction during childbirth.
Labor is a unique, life changing event and as such support, encouragement and information are needed in order to prepare and make true informed decisions during the childbearing year.

Doula’s of Valley’s in Eastern-Idaho
As Doula’s and Private Childbirth Educators we offer free community monthly classes on a variety of information for expectant parents on birth options, and the value and benefits of natural (non-medicated) childbirth. Our mission is to provide information on what is available for support, resources and education during the childbearing year, through monthly classes, phone and email contact and our blog www.doveidaho.blogspot.com.
Department of Dental Hygiene

Information regarding oral health will be presented by Dental Hygiene Faculty and Students.
The Department of Dental Hygiene offers a unique program in Idaho that provides quality educational experiences for undergraduate and graduate dental hygiene students. The first class of eight students was accepted in the fall of 1961 and since that time, the undergraduate program has expanded to accept 30 students in each of the two professional classes. The mission of the program is to provide global leadership and scholarship in educating dental hygienists who will improve the quality of health for diverse populations by advancing the delivery systems and science of dental hygiene through inter-professional collaboration while adhering to professional standards.

Department of Family Medicine Clinical Research Center

We will be presenting on Clinical Research opportunities in the area. Currently we have research opportunities for people with Diabetes type 2.

In the Clinical Research Department we do clinical research in the Southeast Idaho area. Currently we have research projects for people who have diabetes, high blood pressure, high cholesterol, and cardiovascular diseases. The typical age of qualification ranges at about 45 and up. There are several benefits for people to participate in clinical research: free labs and EKGs, free study related care, possible financial reimbursement for some studies, and long-term/close follow-up with healthcare providers, etc. Our department has been here for 15 years and not too many people are aware of us or what we do. Our goal is to let the area know what we do.

doTERRA Pure Oils

Therapeutic Grade Essential Oils

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, and flowers of plants. They can be both beautifully and powerfully fragrant, eliciting profound emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal. Used throughout history for their medicinal and therapeutic benefits, essential oils can be used as natural alternatives in holistic self-care practices. Their unique chemistry allows them to be used aromatically and applied topically to the skin, while other essential oils can be used as dietary aids to promote vitality and well being.
dōTERRA Essential Oils

dōTERRA’s Certified Pure Therapeutic Grade essential oils and using them as a natural alternative to OTC medicines that can be harmful to our bodies. Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, and flowers of plants. They can be both beautifully and powerfully fragrant, eliciting profound emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal. Used throughout history for their medicinal and therapeutic benefits, essential oils can be used as natural alternatives in holistic self-care practices. Their unique chemistry allows them to be used aromatically and applied topically to the skin, while other essential oils can be used as dietary aids to promote vitality and well-being.

Ed Snell’s Pharmacy Shop & Oxygen

Sleep apnea, diabetic shoes, “No Wait Refill”, compounding. We are a locally family owned pharmacy that compounds and also has Durable Medical Equipment. We have been in business for 25 years.

Emergency Supply Depot

Emergency Preparedness / Importance Of Water

Personal emergency preparedness, emergency supplies. What to include in a 72 hour emergency kit. The importance of water. Water filters and Hydration Testing through pH Saliva Testing. Emergency Supply Depot, Inc. provides personal and family consulting, groups seminars and Emergency Supply items to assist individuals and families prepare themselves for possible accidents, emergencies, or disasters.

Gate Crossfit

The Gate Crossfit, Pocatello’s only Crossfit box, will be sharing information about the principles of Crossfit through videos and demonstrations. Come by their booth to find out more and about this functional, scalable training program.

Generation Rx

Prescription Drug Abuse/Misuse

We will present a poster, hand out pamphlets, and give out free items including Frisbees, wristbands, pencils, notepads, and candy. Our mission is to promote awareness of the dangers of prescription drug abuse, inform the public on ways to get help for those struggling with prescription drug abuse, and educate on proper medication disposal.

Grifols Biomat USA

Plasma Donations

Educate the public about the plasma donating process. As part of the global Grifols family of companies, Biomat USA provides services and products to help you improve the health and well-being of humanity. Grifols specializes in the development of high quality plasma derived therapies to ensure a consistent supply of life-saving products.

Hall’s Healthy Step

Foot and arch imprints, vein and leg health and associated information. Massage therapy and associated information.

Heart to Heart,

Pets with a Purpose

Pets keep us healthy.

Registered Pet Partner dogs will be teamed up with their handlers to visit the attendees. Our Pet Partner teams visit several places in the area, to assist with reading in the schools, occupational therapy, and just feel good visits.

Herbal/Dietary Supplement Awareness

We aim to improve herbal dietary supplement product awareness within the general community by providing counseling for the safe and appropriate use of these products, educating the public concerning the potential risks and benefits involved in their use, and clarifying the roles of the FDA under the Dietary Supplement Health and Education Act (DSHEA).

Heritage Home Health

Senior Care Options

As our seniors age, they and their families often struggle with knowing what options are available for senior care. Whether temporary or permanent, determining the care options and living arrangements for a loved one is a major life decision. It requires a clear understanding of the senior’s unique needs and careful evaluation of the options available to determine the best fit. Learn about tools and handouts for families to educate them about the numerous options that are available as well as funding sources available to cover the cost of care.

Direct Link services including Personal Emergency Response Monitors and Automated Medication Dispensers help facilitate independent living. The company offers flexible care plans which are tailored to fit each client’s specific needs and budgets. Call today for a free consultation. To learn more about Home Helpers, call (208) 406-2380, or visit online at www.pocatellohomecare.com.
Hypnobabies
www.hypnobabies.com
I offer a 6 weeks childbirth education course that teaches hypnosis/deep relaxation/hypno-anesthesia for childbirth. The method is called Hypnobabies. Yes! These are babies whose parents choose to easily and naturally prepare for childbirth using the Hypnobabies method of Hypnotic Childbirth, which some might call “hypno-birthing”. Hypnobabies however, is very different in that at Hypnobabies we teach real medical hypnosis techniques, creating an automatically peaceful, relaxing and more comfortable pregnancy, a calm confident Birth Partner, and an easier, more comfortable and sometimes pain-free birthing for our Hypno-Mom. Hypnobabies is a very successful 6 week, 3-hours per week, complete childbirth education course.”

Idaho Beef Council
Nutrition info about beef protein & recipes
Attendees will learn about today’s beef choices and the nutritional benefits of beef. Plus, they can pick up recipe brochures and cooking information. Beef - It’s What’s For Dinner. The Idaho Beef Council is a non-profit marketing group representing Idaho’s cattle ranching families.

Idaho Central Credit Union
At our booth we will be talking about financial health and steps people can take to get financially fit! We will set up a table with brochures and account information and will be answering financial questions that any attendee may have. We will also have green apples on our table for attendees to enjoy. We are the largest credit union in Idaho. We are a not-for-profit, full service financial institution.

Idaho Commission for the Blind and Visually Impaired
We will have information on our Vocational Rehabilitation, Independent Living, and Sight Restoration programs and a display of aids and appliances. We are a State Agency whose goal is to help promote choices and empowerment for people who are legally blind, functionally blind, or in danger of legal blindness and to assist them to achieve gainful employment, independence, personal growth, and interaction into the community.

Idaho Department of Insurance SHIBA
Medicare publications and counseling Idaho Department of Insurance SHIBA, which stands for Senior Health Insurance Benefits Advisors. We are advocates for Medicare Recipients and their families. This is a free public service and we provided unbiased information.

IDH Healing and Hyperbaric Oxygen Center
Wound care and hyperbaric oxygens’ role in health and healing. Current practices in wound care and potential uses for HBOT in the future. Current uses of HBOT in the USA and how HBOT is used in other countries, significant differences and hopes for the future. Methods of treatment of chronic wounds and advanced care techniques and tools. Methods the general public may use to improve their own health and reduce risk factors that may lead to poor health and the necessity for specialized wound care.

The Healing Center was built by Idaho Hyperbarics, Inc. in 1999 and moved to it’s present location at 1125 W. Alameda Road in 2005. It is currently leased to and operated by Idaho Doctors Hospital and was orginally opened as the first dedicated Wound Care and Hyperbaric Oxygen Therapy Center in Idaho by Dr. Mike Baker and Jeff Hampsten in 2000.
WHO IS WHERE?

1. Refreshments
2. Comfort Keepers 168
3. Idaho Relay
4. Mind Over Body Medicine
5. Encompass Home Health and Hospice
6. ISU School of Nursing
7. Liberty Dialysis, An Affiliated Company of Fresenius Medical Care
8. Valley Foot & Ankle
9. Portneuf Valley Bruins, RDA
10. The Gate Crocsti
11. Community Nutrition I
12. Community Nutrition II
13. Idaho Central Credit Union
14. Colonial Funeral Home
15. Department of Dental Hygiene
16. Randall Family Chiropractic
17. Access Home Care and Hospice
18. Heart to Heart, Pets with a Purpose
19. Norco
20. Idaho Home Health and Hospice
21. Therapeutic Alternative LLC
22. Pocatello Branch NAACP
23. Area Agency on Aging
24. ICAN - International Cesarean Awareness Network
25. Hypnobabies
26. Pocatello Seventh Day Adventist Church
27. Spirometry
28. SEICAA RSVP
29. Alta Animal Hospital
30. Alta Animal Hospital
31. ISU SON Spirometry
32. doTERRA Essential Oils
33. Hypertension Prevention
34. Generation Rx
35. Operation Diabetes and Operation Heart
36. Rho Chi
37. Ed Snell’s Pharmacy Shop & Oxygen
38. Pocatello Hospice Coalition
39. Costa Wholesale
40. ISU Credit Union
41. Idaho Commission for the Blind and Visually Impaired
42. ISU SON Brain Attack/Stroke
43. Herb/Herbal Supplement Awareness
44. ISU College of Pharmacy Poison Prevention
45. Meth Awareness
46. Nuclear Care Partners
47. doTerra Pure Oils
48. Agape’ Birth Center
49. Yes! Idaho Organ Donor Registry
50. Department of Family Medicine Clinical Research Center
51. ISU Wellness Center
52. Pocatello Seventh-Day Adventist Church
53. Skin Cancer Prevention
54. Southeastern Idaho Public Health
55. Southeastern Idaho Public Health
56. Office of Professional Development
57. DOVE-Idaho
58. Idaho Beef Council
59. Idaho Department of Insurance SHIBA
60. Heritage Home Health
61. Emergency Supply Depot, Inc.
62. Alcoholics Anonymous
63. Respiratory Health
64. Packer Life Care Planning
65. Compassion & Hope Pregnancy Center
66. Home Helpers
67. Southeast Idaho Gastroenterology
68. Idaho Health Sciences Library
69. IDH Healing and Hyperbaric Oxygen Center
70. 20/20 Family Eyecare
71. Pocatello Care & Rehab
72. Alpine Animal Hospital
73. Shaver Pharmacy and Compounding
74. Portneuf Weight Management Institute
75. SE IDAHO SLEEP DISORDERS CENTER
76. Idaho Meth Project
77. Girls Inc, Biomat USA
78. LifeVantage
79. Osteoporosis
80. PMC Laboratory Result Interpretation
81. PMC Laboratory Result Interpretation
82. PMC Laboratory Result Interpretation
83. PMC Laboratory Result Interpretation
84. ISU Psychology Clinic
85. Time Laboratories/EIMC
86. ISU Dental Hygiene
87. Monte Vista Hills Health Care Center
88. Colorectal Health
89. CarePatrol of East Idaho
90. Chubbuck Chiropractic
91. Organizing for Action
92. ABC’s of Diabetes Community Health Check
93. ABC’s of Diabetes Community Health Check
94. ABC’s of Diabetes Community Health Check
95. ABC’s of Diabetes Community Health Check
96. ABC’s of Diabetes Community Health Check
97. ISU Audiology
98. ISU Audiology
99. ISU Audiology
100. Hall’s Healthy Step
101. Hall’s Healthy Step
102. Registration
103. Registration
104. Door Prizes
105. Modern Woodmen
106. Exit Survey
| 68 | Idaho Health Sciences Library |
|----------------------------------|
| Fishing for quality health information? We will teach health consumers how to efficiently search for quality, reliable health information on the Internet and then how to evaluate the information they find. A selection of quality consumer health online resources will be highlighted including MedlinePlus, NIH SeniorHealth, etc. A laptop computer will be available for searching. The Idaho Health Sciences Library is located on the 3rd floor of the ISU Library. Our mission is to advance education, research, and patient care by providing publication-based information to the university community, Idaho health care providers and consumers. |

| 24 | International Cesarean Awareness Network |
|-----------------------------------------|
| To promote health and well being for childbearing women and their families. We provide information for women and families so they can make an educated and informed decision for their family in regards to cesarean birth and vaginal birth after cesarean (VBAC). Many women are told that they can only have a cesarean when VBAC is supported through research to be a safe option. We will be providing handouts and research that will help families make an informed decision regarding their childbearing health, particularly as it relates to cesareans and vaginal birth after cesareans. We are a local chapter of the International Cesarean Awareness Network, Inc. (ICAN) is a nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting Vaginal Birth After Cesarean (VBAC). Please go to our website for more information: www.ican-online.org. |

| 40 | ISU Credit Union |
|----------------------------------|
| Providing information and services to assist people with their financial health needs. ISU Credit Union is a member-owned, not-for-profit financial institution whose sole purpose is to provide exceptional financial products and services to our member/owners. Unlike banks and other financial institutions that have to pay out dividends to stockholders and pay a Board of Directors, our excess earnings are returned to our members in the form of lower loan rates, higher dividends on savings, additional products and services, additional branches, etc. Our Board of Directors are elected by the members, and volunteer their time to make sure the credit union always operates in the best interests of the membership as a whole. |

| 86 | ISU Dental Hygiene |
|----------------------------------|
| We will be educating the public on the presence of multiple types of bacteria that live in plaque-bacterial biofilm. The impact of that bacterial biofilm on the oral cavity and systemic health. We will be presenting video footage of live bacterial biofilm present in the oral cavity and an interactive quiz to help the public understand the impact of oral bacterial biofilm. |

| 84 | ISU Psychology Clinic |
|----------------------------------|
| Clinical Psychology (e.g. stress, anxiety, depression), services offered at the Clinic. |

| 18 | ISU College of Pharmacy Poison Prevention |
|-----------------------------------------|
| Poison Prevention is a operation run by the college of pharmacy students. It teaches kids and their parents about what a poison is, where they can be found around the house and who to call if a poison occurs. |

| 20 | Idaho Home Health and Hospice |
|----------------------------------|
| Learn about hospice care, services, qualifiers, and the benefits of hospice services, not only for the patients but for the families as well. A local company that provides in-home and in-facility hospice care for those who are terminally in their conditions. |

| 3 | Idaho Relay |
|----------------------------------|
| Idaho Relay has a variety of ways that those with hearing loss and/or speech difficulties can make phone calls more clearly and independently. Idaho Relay is sponsored by the state and these services are free. This includes CapTel, TTY, internet relay, Speech to Speech, and more. CapTel phone is a special land-line phone with a built-in screen. |

| 6 | ISU School of Nursing |
|----------------------------------|
| To educate health fair participants about the genetics of cancer. Mutations of genes that control cell growth basically cause cancer. The factors that cause these mutations are mostly unknown. This learning booth will present information about these gene mutations. Moreover, information about increased risk for cancers of the breast, ovary, prostate and colon resulting from identified mutations in genes that can be passed from one generation to the next will also be presented. Finally, general information regarding cancer treatment based on specific genes found in cancer tumors will be presented, as well. |

| 618 | ISU Audiology |
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| The ISU Audiology program and Student Academy of Audiology will inform about hearing and balance, hearing and noise, hearing and children, video otoscope and custom iPod earmolds. |

| 97 | ISU Audiology |
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| 78 | ISU Audiology |
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ISU Wellness Center
Smoking Cessation and Wellness Center Services/Opportunities
Demonstration of healthy vs. unhealthy lungs, information on Smoke Free Campus, tobacco cessation resources, and information about services offered through the Idaho State University Wellness Center. The Idaho State University Wellness Center is focused on supporting students, faculty, staff, and community as they seek to maintain or improve their overall wellness status.

Idaho Meth Project
The Idaho Meth Project is a large-scale prevention program aimed at reducing Meth use through public service messaging, public policy, and community outreach. Central to the integrated, research-based campaign is MethProject.org—a definitive source for information about Meth for teens—supported by hard-hitting TV, radio, print, online, mobile, and social media campaigns that communicate the risks of Meth use.

LifeVantage
Protandim promotes health and reduces oxidative stress in our bodies as we age. Protandim is an Nrf2 synergizer, a new tool we can use in the fight against oxidative stress. Protandim has been reported on ABC, and many independent universities are researching Protandim for its usefulness in breaking the link between aging and disease. Showing an ABC Primetime report, answering questions about LifeVantage and the unique benefits of Protandim. LifeVantage is a publically traded company (LFVN) and has three products that it markets. LifeVantage sells its products in USA, Japan, Australia, Mexico, and Hong Kong.

Meth Awareness
The dangers of methamphetamine
We have a poster with information regarding the dangers of methamphetamine and how it affects the body in various ways. Also provides some information regarding the prevalence of meth in Idaho. Meth Awareness is an outreach organization that is a branch of the ISU College of Pharmacy’s student organizations. We focus on educating youth about the dangers of methamphetamine and its prevalence in Idaho, but also provide general information to the public.

Mind Over Body Medicine
Mind Over Body Medicine- Learn what energy healing is and how it can help you. We will be handing out business cards and information on energy healing, and doing sign ups. Offering hands on healings/chakra readings for 10 minutes for $10.

Liberty Dialysis
An Affiliated Company of Fresenius Medical Care
“Liberty Dialysis is dedicated to providing superior care for patients with kidney disease. We strive to achieve both outstanding quality outcomes for our patients, and a rewarding career experience for our caregivers, all in an atmosphere of compassion, professionalism, empathy and respect. Liberty Dialysis enables its dialysis patients to lead extraordinary lives as a result of a caregiving focus that provides extraordinary care. Learn more about how Liberty Dialysis provides an exceptional dialysis experience for every patient through its physician driven teams, state-of-the-art equipment, community based nephrologists, and chronic kidney outreach programs.

Modern Woodmen
We will provide information about insurance and financial planning. We will have a drawing for door prizes. We will provide information about insurance and financial planning.

Monte Vista Hills Health Care Center
Monte Vista Hills is a Skilled Nursing and Rehab Center. We provide short term rehab for those recovering from surgery or an illness or long term care for those experiencing a medical condition that requires they have 24 hour nursing care.

Nuclear Care Partners
1-208-881-9022 (Local)
1-888-525-5111 (Toll Free)
Nuclear Care Partners (NCP) is providing community outreach to raise awareness for former Idaho National Laboratory (INL) workers on available community and medical services.

Office of Professional Development
Professional Development for Nursing Programs that are offered for continuing education through the Office of Professional Development. The office of Professional Development supports the grant funded program Northwest Rural Residency (NWRNR). NWRNR provides continuing education to nurses who are in rural settings at no cost to the nurse or the hospital and without travel.

Meth Awareness
2013
Operation Diabetes and Operation Heart
Providing blood glucose screenings, blood pressure screenings, and A1C testing only if indicated for a certain individual.
Operation Diabetes and Operation Heart are student-run organizations at the ISU College of Pharmacy. Operation Diabetes provides services and education throughout the community by participating in health fairs and outreach programs. Services include performing blood glucose checks, A1C testing in those individuals that it is indicated in, and blood pressure screenings. Education focuses on what diabetes is, long term consequences of uncontrolled diabetes, and cardiovascular disease and techniques to help control or prevent diabetes and cardiovascular disease. Ultimately, Operation Diabetes and Operation Heart hopes to provide information that will help encourage healthy lifestyles to all individuals.

Packer Life Care Planning
Life Care Planning: Tom Packer and his staff help seniors and their families deal with the complex legal, financial and health care issues facing seniors as they grow older. In addition to offering customized Estate Plans—trust, wills, powers of attorney, and living wills—and representing seniors in guardianship, conservatorship and Probate proceedings, he helps seniors apply for Medicaid, preserve assets for the stay-at-home spouse, and find and get quality long-term care. Tom Packer is the first Attorney in Southeast Idaho to offer Life Care Planning. Tom and his staff help seniors and their families deal with the complex legal, financial and health care issues facing seniors as they grow older.

Organizing for Action
Organizing for Action celebrates the one-year anniversary of the passage of the Affordable Care Act. Information about this historic law and its impact on Idaho will be presented.

Pocatello Branch NAACP
Minority Health & Wellness Center: Get the Facts - Take Control
This learning center will be presenting information on health problems with a high disparity among minorities. We will be providing information via a video presentation and written literature that will promote “take control of your health”.
The Pocatello Branch NAACP is an organization in which one of its function is to promote civil justice for minorities. The organization believes health is a social justice issue, thereby making it a true “civil right issue”. One of its focus is to discuss solutions for making communities of color holistically healthier by encouraging individuals to “take control” and “take ownership” for their health.

Pocatello Care & Rehab
Dementia
Therapy in a Skilled Nursing Facility & Long Term Care Facility. How we as a facility would care for your loved one with dementia. Educate family on ways to take care of their loved one with dx of dementia in a home setting. We are a skilled nursing facility that helps patient get back to their home setting as soon as possible. We are also have a long term care unit that takes of families lived ones with dignity and respect, a home away from home.

Pocatello Seventh-Day Adventist Church
Healthy Lifestyle and it’s benefits with a focus on diet.
Grip Strength test. High fiber recipe’s and health information (examples: importance of water, high blood pressure, diabetes). A local church that is interested in the physical health of our community.

Portneuf Medical Center
Portneuf Medical Center (PMC) will provide laboratory services and blood draws at the fair on March 21-22. Blood draws are also available on a walk-in basis from 7 to 11 a.m. daily from March 1 to March 30 at the PMC lab located at 777 Hospital Way with access to the lab through the main entrance. A 14-hour fast is required prior to a blood draw for the lipid profile and general chemistry profile. Some of the screening tests being offered range from a general health blood profile for $43. The health panel will include a chemistry profile, lipid profile based on cholesterol levels, a complete blood count and a thyroid screen. Optional tests include a $22 HIV screening, $18 prostate antigen test, thyroid function screen for $16, iron level for $5, uric acid level for $5, glycohemoglobin for $27; insulin level for $27; and vitamin D level, a test for osteoporosis, $18.
Providing Loving Care to those with Dementia, Alzheimer’s and Memory Loss.

Portneuf Weight Management Institute
Weight Management and Bariatric Surgery
Healthy Lifestyle tips
Weight Management Clinic dedicated to the success of patients moving towards Bariatric Surgery and their follow-up.

Portneuf Valley Bruisers
The Portneuf Valley Bruiser Roller Derby Association would like to increase our community visibility. Our goal is to not only provide entertainment to the southeast Idaho, but to offer an alternative physical outlet for women ages 18 and up.
PVBKDA, Inc. is a non-profit member operated sports league in southeast Idaho. We focus on provided an alternative physical outlet for women, and giving back to our community.

Randall Family Chiropractic
Free spinal and scoliosis screenings

Rho Chi
Rho Chi will be offering free consultations “brown bag consults” with pharmacy students for those that have questions regarding prescription/OTC medications. We will be working along with Operation Diabetes to provide drug info for those that have questions regarding any prescription medications or over-the-counter medications. People are encouraged to bring their medications in a “brown bag” to have a consultation with the pharmacy students regarding their medications/drug regimen. There will also be registered pharmacists present to oversee the consultations. Rho Chi is a pharmacy honors society and consists of the top 20% of the 3rd-year pharmacy students at the college of pharmacy.

SEICAA RSVP
Volunteer opportunities for retired individuals
SEICAA RSVP offers volunteer opportunities for individuals age 55 and over. Volunteerism provides the opportunity to retired people to stay active and healthy while helping southeast Idaho’s non- profits, schools, and other social service agencies.
Southeastern Idaho Community Action Agency Inc. (SEICAA) is a private, non-profit 501 (c) (3) organization whose mission is to “provide opportunity and support for individuals and communities to thrive and reach their fullest potential, promoting self-sufficiency and greater economic independence through services, education, affordable housing and training.

Fresenius Medical Care

1590 Delphic Way  |  Pocatello  |  (208) 238-9215

Providing Loving Care to those with Dementia, Alzheimer’s and Memory Loss.
Shaver Pharmacy and Compounding
Pharmacy and compounding pharmacy, diabetic solutions, health and wellness, sleep apnea solutions, mobility, sports braces. Diabetic informational, CPAP units, mask and supplies, PMC direct access blood test information, Shaver Pharmacy is a family owned, local, all service organization. Our core values include the treatment of the total person, helping them to lead healthier and happier lives.

Patient Breathe into machine. The machine calculates how well breathing. Receives a print out. Faculty and sophomore students involved.

Sophomores Vital Signs
Vital signs for the community
Students will be taking blood pressures, temperatures, pulses, and respiration for the community. Sophomore nursing students at ISU

Southeast Idaho Gastroenterology
Colon cancer screening
Information about colon cancer screening why, when and how and treatment for hemorrhoids. We have 3 board certified Gastroenterologists and 1 Certified PA. We see patients for all types of gastroenterology (digestive tract as well as liver and pancreas) problems

Southeast Idaho Sleep Disorders Center
Benefits of a sleep study. Maintaining overall health due to good, quality sleep. Sleep center that provides quality service in performing sleep studies. Knowledgable and experienced staff and doctors who care about the importance of sleep.

Student Nurses Association
Myocardial Infarction, or otherwise known as a heart attack, signs, symptoms, and risk factors. Also some information on hypertension. We will be doing blood pressure checks and informing the public on heart attack signs and symptoms. We will also be discussing hypertension risk factors and the stages.

Student Nurses Association (SNA) is a group that has a membership of 60,000 nationwide. We mentor the professional development of future registered nurses and facilitates their entrance into the profession by providing educational resources, leadership opportunities, and career guidance (nsna.org).

Therapeutic Alternative
Therapeutic Alternative LLC is the only Sex Positive counseling center with Sex Positive therapists in this area. Our therapist sees client struggling with depression, anxiety, schizophrenia, bipolar disorder, couples counseling, infidelity, cutting, teens and adults struggling with their sexual identities and sexual disorders. However, we practice from a sex-positive approach understanding that sexuality is a diverse expression and part of the human experience. With a sex-positive therapist we seek to support and encourage individuals to practice any form of self expression in their lives and to be able to discuss their choices with a counselor that is supportive, non-judgmental and knowledgeable way.

Time Laboratories/EIMC
Clinical Aromatherapy and Integrative Medicine

Valley Foot & Ankle
The foot and ankle are complex structures that support the weight and forces of the body. With 26 bones in each foot and many ligament and tendons they take 5,000-10,000 steps per day. When your feet are under demand, choose a local specialist. Valley Foot & Ankle.

X-rays, models to demonstrate the complexity of the foot/ankle, information regarding common injuries, deformities, gait analysis, etc. Valley Foot & Ankle has been serving Pocatello since 1979, with state-of-the-art care, diagnostic techniques and training. Now with 2 doctors in the office, Dr. Croshaw and Dr. Wilde are specialists in the diagnosis and treatment of all disorders of the foot and ankle.

Yes! Idaho Organ Donor Registry
Information on organ and tissue donation and the opportunity to join Idaho’s official donor registry. Information on organ and tissue donation and the opportunity to register with Idaho’s official organ donor registry. We are the federally designated, non-profit organ procurement organization that services southeastern Idaho.

20/20 Family Eyecare
Our topic will focus on Eye health and how yearly exams are important in catching and monitoring ocular diseases like cataracts, macular degeneration, diabetes, and glaucoma. We will also have information about dry eyes and the role the optometrist plays in health care. We will be presenting information about ocular diseases such as glaucoma, macular degeneration, cataracts, dry eyes, and diabetes. We are a small private practice optometry group with locations in Pocatello, Idaho Falls, and St. Anthony. We are primary eye care providers who treat red eyes, sore eyes, dry eyes, diagnose and manage glaucoma, cataracts, macular degeneration, and diabetes. We see patients of all ages.
Another Reason To Have Your Legs Rejuvenated This Spring

Now is the ideal time to eliminate unwanted varicose and spider veins from your legs. Our amazing technology provides great success rates with less discomfort than ever before. With a few simple procedures we’ll improve the look of your legs and your health. And if you act now we’ll have you ready for the golf course just in time for summer.
Thank you for attending the 2013 Health Fair
See you next year
March 20-21, 2014

Idaho State University
Division of Health Sciences

isu.edu/healthfair