

MAINE'S LARGEST EVENT FOR HEALTH AND WELLNESS



# HealthyMaine™

## Expo

Presenting Sponsors

**restore**  
HYPER WELLNESS

L.L.Bean

 SerenityMe



September 16–17, 2023

Cross Insurance Arena  
Portland, ME

Produced & Presented by:

 Promerica  
Health.

# restore

H Y P E R W E L L N E S S

Exclusive offer for  
HealthyMaine Expo attendees:

# 50% OFF\*

- IV Micronutrient Drips\*\*
- Whole Body Cryotherapy
- Compression Therapy
- Red Light Therapy

from September 18–October 18, 2023.

Call (207) 250-4444 to  
schedule your appointment.



**SCAN ME!**



## Keep up with us!

Follow us on social media for updates  
on events, giveaways, and more!

 @rhw\_southportland

 @rhwsouthportland

100 Gorham Rd, South Portland  
restore.com | (207) 250-4444

\* Offer valid off retail pricing, one-time use.

\*\* A complimentary medical history review/clearance by a  
Restore Nurse Practitioner is required for medical services.





# WELCOME

## OUR VISION

### Extending Maine's Average "Healthspan"

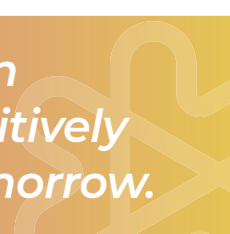
Known for the beauty of its natural landscape, Maine is a year-round haven for active outdoor enthusiasts. Take a trip to Maine's rocky coast, lakes and rivers and you'll see its pristine waters peppered with kayakers, canoeists, and paddleboarders; its vibrant mountains and trails filled with hikers, bikers, and skiers, all enjoying our unmatched environmental health & beauty.

Inspired by Maine's healthy environment, the HealthyMaine Expo is devoted to the pursuit of extending the healthspan of Mainers with an industry-leading health & wellness event that brings together passionate, health-conscious individuals with like-minded service providers and health professionals.

We welcome everyone who would like to extend, not just their lifespan, but also their healthspan. The lifespan of the average Mainer is 78.7 years old—slightly lower than the national average of 78.79 years. However, the healthspan of the average Mainer is just 64 years. ("Healthspan" is the duration of life spent in good health without chronic diseases or age-related disorders that limit physical mobility, mental acuity, or social engagement.)

The HealthyMaine Expo aims to provide resources and information to extend the healthspan of Mainers by changing the health paradigm through healthy conversations and resources.

Get ready to immerse yourself in two days filled with inspiring talks, fun fitness classes, and an incredible showcase of health and wellness products!



*Improve your healthspan today to extend and positively impact your lifespan tomorrow.*

The HealthyMaine Expo brings together the best of health and well-being, fitness, organics, complementary medicine, holistic therapies, and personal growth.

We are presenting the HealthyMaine Expo as not just an annual health & wellness event, but a movement to help inspire Mainers to take healthy steps in preventative care.

Thank you for joining the HealthyMaine movement in 2023 and meeting the people and companies transforming the approach to extending the healthspan of Mainers!

Healthiest Regards,



Stephen M. Woods  
President/CEO  
Promerica Health



Sarah

Confession, I've never had a mammo and I'm a little scared. Can we chat?

Angela

Of course! Call you tonight?

Every question is valid when it comes to women's health. That's why, at Northern Light Mercy Women's Health, you'll find our providers are ready to answer honestly and truly listen. So, start by connecting with loved ones, then connect with us at [northernlight.org/mercywomen](https://northernlight.org/mercywomen)



HOW ARE YOU?



# A healthy Maine is worth celebrating

We're proud to be the trusted health partner of Mainers for the last 85 years.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. CA23080005246398





# HARVESTING WELLNESS

## Navigating Fall for Optimal Health & Well-Being

As the vibrant hues of summer transition into the warm and cozy embrace of fall, the change in seasons brings with it a unique set of effects on both mental and physical well-being. The cool, crisp air and the sight of leaves turning into brilliant shades of red, orange, and gold can bring about a shift in our mood and mindset.

The shorter days and longer nights can lead to changes in our sleep patterns, potentially affecting our circadian rhythms and triggering seasonal affective disorder (SAD). However, with the right approach, fall can also provide a unique opportunity to boost mental well-being.

Maine's picturesque fall landscape provides a perfect backdrop for outdoor activities. Engaging in nature walks, hikes, or simply spending time outdoors can ease stress and anxiety while boosting mood. Exposure to natural light also supports the production of serotonin, a neurotransmitter that contributes to feelings of happiness and well-being.

While the temptation to hibernate indoors may be strong, maintaining an active lifestyle is crucial. Engaging in regular physical activity helps improve circulation, boost metabolism, and strengthen the immune system. Fall also brings a bounty of seasonal fruits and vegetables rich in essential nutrients. Incorporate foods like squash, sweet potatoes, apples, and pears into your diet to support your immune system and overall health.

As the days grow shorter and the weather cools down, it's easy to slip into sedentary habits and indulge in comfort foods. However, by prioritizing physical activity, nutritious eating, and mindfulness, you can fortify your mental and physical well-being.



**BREATHING ROOM**  
YOGA AND MOVEMENT STUDIO

146 Ocean St. South Portland, ME

*Yoga Workshops Barre*  
*Sound, Kirtan & Meditation*



*In-Studio*  
*Outdoor*  
*Online*

contact@breathingroomme.com



www.breathingroomme.com

# Wellness

**is unique to every person.**

Stop by our booth to see how we can support your health goals.



**COASTAL**  
PHARMACY + Wellness  
Your Personal Wellness Team

29 Marginal Way in Portland

# We hear things like this every day. Medicare is confusing! WE CAN HELP.

Should I sign up for Medicare if I plan to continue working past 65?

What is the difference between Medicare Advantage and a Medicare Supplement?

How much does Medicare cost?

Thank you. Nobody has ever explained it to me like that!  
(We get this compliment all the time.)

Sign up for a FREE consultation and win a TV!

## Turning 65?

**Confused by**

**all those annoying Medicare Advantage ads flooding your TV and mailboxes?**

**We can help.**

- Aetna
- Anthem/MaineHealth
- Cigna
- Humana
- Martin's Point
- United Health Care
- Wellcare
- and More!



Hilary Mansfield & Rob Woodman

*Your Maine Father & Daughter Medicare Team*



COMPLETE  
MEDICARE  
SOLUTIONS

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.





## Get local help with your Medicare questions.

I'm Brianna Henward, a licensed sales agent in Southern and Northern Maine. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Get help comparing plans
- Receive one-on-one service
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

### It's time to take advantage.

**Brianna Henward**  
 Licensed Sales Agent  
**207 691 1412, TTY 711**  
 BRIANNA@TINDON.US  
 UHC.com/Medicare

United  
Healthcare

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2023 United HealthCare Services, Inc. All rights reserved. Y0066\_SPRJ55189\_C

SPRJ55189

Recovery is Possible

Hope is Real

crossroadsme.org

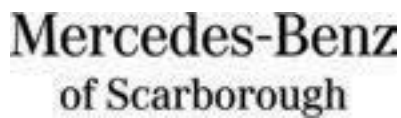
CROSSROADS®

# Thank you to our Sponsors!

## Presenting Sponsors



## Supporting Sponsors



## Featured Sponsors



## Specialty Sponsors





# Exhibitor List

<b>Abbott Nutrition</b> ..... Booth 411 <a href="http://www.abbottnutrition.com">www.abbottnutrition.com</a>	<b>Orange Theory Fitness</b> ..... Booth 308 <a href="http://www.orangetheory.com">www.orangetheory.com</a>
<b>Adaptive Outdoor Education Center</b> ..... Booth 105 <a href="http://www.adaptiveoutdoorededucationcenter.org">www.adaptiveoutdoorededucationcenter.org</a>	<b>Pine Tree Society</b> ..... Booth 702 <a href="http://www.pinetreesociety.org">www.pinetreesociety.org</a>
<b>Aetna Medicare Solutions</b> ..... Booth 403 <a href="http://www.aetna.com">www.aetna.com</a>	<b>Portland Radio Group</b> ..... Booth 504 <a href="http://www.portlandradiogroup.com">www.portlandradiogroup.com</a>
<b>American Red Cross/Northern New England</b> ... Booth 309 <a href="http://www.RedCross.org/NNE">www.RedCross.org/NNE</a>	<b>Relax Infinity/Cianbro</b> ..... Booth 402 <a href="http://www.relaxinfinity.com">www.relaxinfinity.com</a> <a href="http://www.cianbro.com">www.cianbro.com</a>
<b>Anthem Blue Cross Blue Shield</b> ..... Booth 405 <a href="http://www.anthem.com">www.anthem.com</a>	<b>Renewal by Andersen</b> ..... Booth 408 <a href="http://www.renewalbyandersen.com">www.renewalbyandersen.com</a>
<b>Back in Motion Physical Therapy</b> ..... Booth 207 <a href="http://www.mainephysicaltherapy.com">www.mainephysicaltherapy.com</a>	<b>Restore Hyper Wellness</b> ..... Booth 201 <a href="http://www.restore.com">www.restore.com</a>
<b>Bespoke Health</b> ..... Booth 311 <a href="http://www.bespokehealthpartners.com">www.bespokehealthpartners.com</a>	<b>ReVision Energy</b> ..... Booth 409 <a href="http://www.revisionenergy.com">www.revisionenergy.com</a>
<b>Body and Soul Care of Maine</b> ..... Booth 303 <a href="http://www.mybodyandsoulcare.com/home">www.mybodyandsoulcare.com/home</a>	<b>The Roux Institute Northeastern University</b> ... Booth 210 <a href="http://www.roux.northeastern.edu">www.roux.northeastern.edu</a>
<b>Breathing Room Yoga &amp; Movement Studio</b> .... Booth 313 <a href="http://www.breathingroomme.com">www.breathingroomme.com</a>	<b>SerenityMe</b> ..... Booth 401 <a href="http://www.serenitymaine.com">www.serenitymaine.com</a>
<b>CISCRP</b> ..... Booths 601–603 <a href="http://www.ciscrp.org">www.ciscrp.org</a>	<b>Shift Portland Training Center</b> ..... Booth 407 <a href="http://www.shift-portland.com">www.shift-portland.com</a>
<b>Coastal Pharmacy</b> ..... Booth 312 <a href="http://www.coastalpharmacyandwellness.com">www.coastalpharmacyandwellness.com</a>	<b>Soulbeing</b> ..... Booth 310 <a href="http://www.soulbeing.com">www.soulbeing.com</a>
<b>Crossroads</b> ..... Booth 404 <a href="http://www.crossroadsme.org">www.crossroadsme.org</a>	<b>Summit Spring Water, Inc.</b> ..... Booth 304 <a href="http://www.summitspring.com">www.summitspring.com</a>
<b>Foley's Fitness Center</b> ..... Booth 410 <a href="http://www.foleysfitnesscenter.com">www.foleysfitnesscenter.com</a>	<b>Sweetser</b> ..... Booth 307 <a href="http://www.sweetser.org">www.sweetser.org</a>
<b>GoGo Refill</b> ..... Booth 703 <a href="http://www.gogorefill.com">www.gogorefill.com</a>	<b>Touch Point EFT</b> ..... Booth 209 <a href="http://www.karenstclaireft.com">www.karenstclaireft.com</a>
<b>The Hungry Gains</b> ..... Booth 203 <a href="http://www.thehungrygains.com">www.thehungrygains.com</a>	<b>UnitedHealthcare</b> ..... Booth 208 <a href="http://www.uhc.com/medicare">www.uhc.com/medicare</a>
<b>Journey Magazine</b> ..... Booth 302 <a href="http://www.journey-magazine.com">www.journey-magazine.com</a>	<b>University of New England</b> ..... Booths 501–503 <a href="http://www.une.edu">www.une.edu</a>
<b>L.L.Bean</b> ..... Booth 301 <a href="http://www.llbean.com">www.llbean.com</a>	<b>The Vascular Care Group</b> ..... Booth 505 <a href="https://thevascularcaregroup.com">https://thevascularcaregroup.com</a>
<b>ME CDC Breast &amp; Cervical Health Program</b> ..... Booth 406 <a href="http://www.cdc.gov/cancer/nbccedp/screenings.htm">www.cdc.gov/cancer/nbccedp/screenings.htm</a>	<b>Vigor Strength Studio</b> ..... Booth 204 <a href="http://www.vigorstrengthstudio.com">www.vigorstrengthstudio.com</a>
<b>Mercedes-Benz of Scarborough</b> ..... Booth 205 <a href="http://www.mbofscarborough.com">www.mbofscarborough.com</a>	<b>WMTW</b> ..... Booth 103 <a href="http://www.wmtw.com">www.wmtw.com</a>
<b>Northbridge Communities</b> ..... Booth 206 <a href="http://www.northbridgecommunities.com">www.northbridgecommunities.com</a>	<b>Woodman Mansfield Company</b> ..... Booth 202 <a href="http://www.woodmanmansfieldco.com">www.woodmanmansfieldco.com</a>
<b>North Spore</b> ..... Booth 102 <a href="http://www.northspore.com">www.northspore.com</a>	<b>Wyman's</b> ..... Booth 701 <a href="http://www.wymans.com">www.wymans.com</a>
<b>Northern Light Mercy Hospital</b> ..... Booth 306 <a href="http://www.northernlighthealth.org/mercy">www.northernlighthealth.org/mercy</a>	
<b>NXGen Fitness Center</b> ..... Booth 305 <a href="http://www.nxgenfitness.com">www.nxgenfitness.com</a>	

THANK YOU FOR YOUR  
**PARTICIPATION!**

# WELLNESS IN THE WILDERNESS



## Our Journey to Expand Maine's Healthspan

Nestled against the craggy coast of the North Atlantic lies a treasure trove of natural beauty, where rolling mountains, lush forests, and pristine lakes converge. Welcome to Maine: The Way Life Should Be—a state that not only boasts breathtaking landscapes but also prioritizes the health and wellness of its residents through a harmonious blend of outdoor activities and innovative leaders at the forefront of healthcare and technology.

Despite all the possibilities for outdoor activity and health and wellness, something is still lacking. When it comes to taking care of our personal health, a significant portion of us fall short of our best selves.

To highlight this, let's look at the numbers. The U.S. spends approximately \$4.1 trillion a year on health care. Yet, a mere 3% of that \$4.1 trillion (\$123 billion) spending goes to preventative care. In juxtaposition, Americans spend approximately \$194.9 billion per year on vehicle maintenance and repairs to extend the life of their cars and trucks.

*"When we invest more money each year on our car maintenance (oil changes, tire rotations, fluids, etc.) than in our own personal health—something is wrong in our culture and with our priorities," said Stephen M. Woods, CEO of Promerica Health.*

These health challenges have existed for many decades, born from healthcare systems, laws, and policies that all appear to support and financially reward two core pursuits: treating illness and extending lifespan. While instinctively most of us strive towards wanting a long life, the value and joy of longevity are greatly diminished, absent a level of mobility, mental acuity, and basic health.

The lifespan of the average Mainer is 78.7 years old; however, the healthspan of the average Mainer is just 64 years. This means the average Mainer spends nearly 18% of their lives unhealthy—that is a lot of time.

*"Too often as a society we focus on 'lifespan' (life expectancy) as a key metric to measure/value population health. This is a flawed approach that myopically recognizes longevity—often extended through medical and pharmaceutical advances, while ignoring the qualitative and quantitative value preferred (by many) of 'healthspan' (years of baseline good health)," Woods shared.*

To improve upon these numbers, we need to take a proactive approach rather than a reactive one. The benefits of preventative health care better prepare us to not only extend our lifespan but most importantly our healthspan so we can all live long, happy—and healthy—lives.

*"In short, if we shift the medical focus onto improving and extending individual healthspans, we will inevitably positively impact lifespans as a result. But this shift can't be seen as a situational approach only adopted in later years, but instead as a lifestyle and lifetime commitment along the entire age continuum," said Woods.*

The HealthyMaine Expo aims to provide resources and information to extend the healthspan of Mainers by changing the health paradigm through healthy conversations and resources.

Maine's connection to the outdoors is deeply ingrained in its culture. From the rugged coastline that stretches for miles to the sprawling wilderness of Acadia National Park, nature's playground is always within reach. The HealthyMaine Expo serves as a reminder that maintaining an active lifestyle



can be as simple as stepping outside. Beyond the trails and waters, Maine’s commitment to wellness extends to its leaders in healthcare. The state boasts a network of top-tier medical facilities, ensuring that Mainers have access to comprehensive care. From routine check-ups to specialized treatments, the healthcare system prioritizes preventive measures and early intervention.

The heart of the HealthyMaine Expo lies in its celebration of community spirit. Mainers are known for their warmth and inclusivity, and the Expo embodies these qualities. Attendees will find themselves surrounded by like-minded individuals who share a common goal: expanding their healthspans to lead a healthier, happier life.



**RENEWAL**  
by **ANDERSEN**

FULL-SERVICE WINDOW & DOOR REPLACEMENT

66 Industrial Park Road  
Saco, ME 04072  
207-985-8465

[www.renewalbyandersen.com](http://www.renewalbyandersen.com)

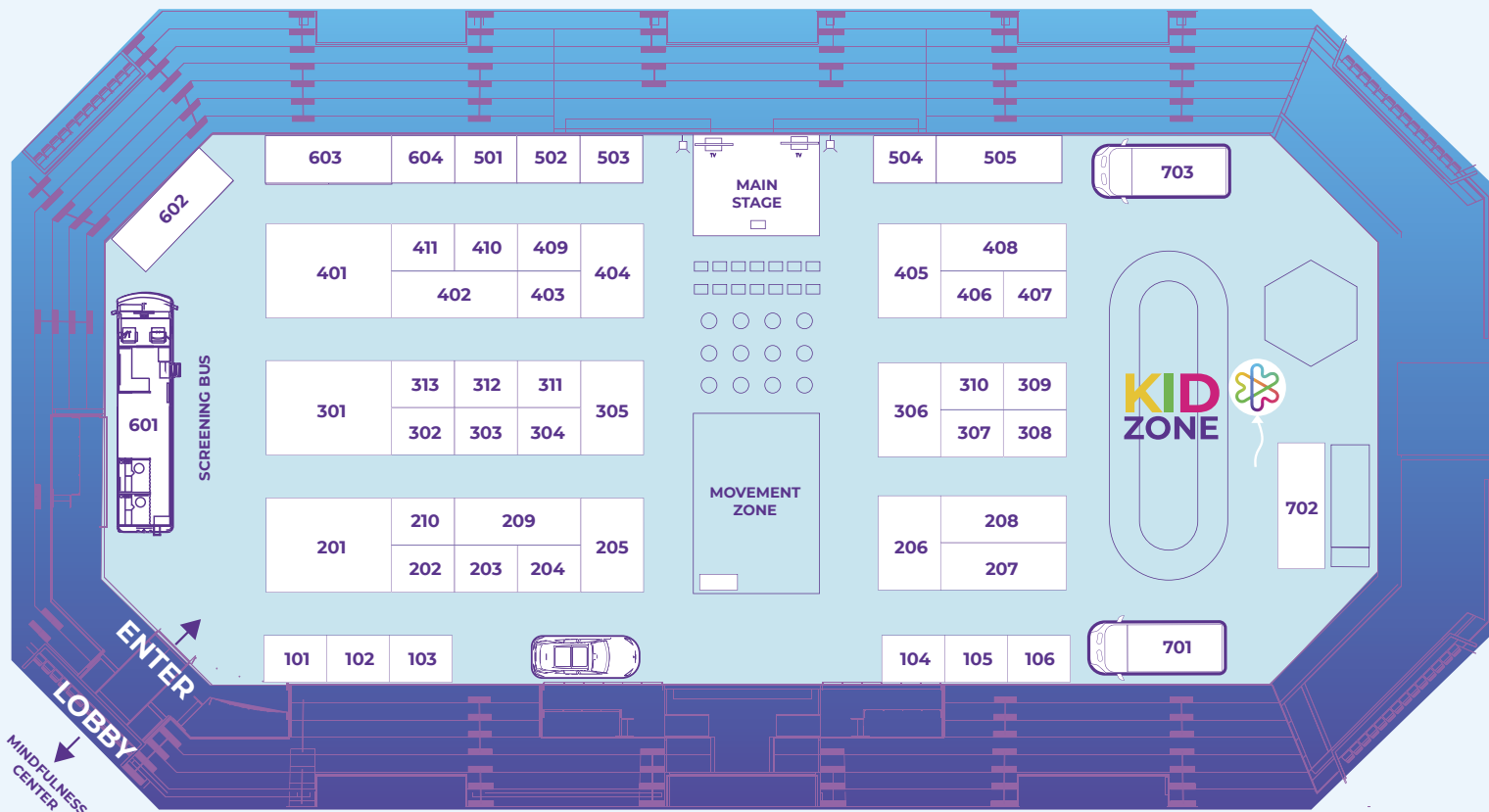


**Providing comfort through  
compassion, connection, and choice  
for people impacted by cancer.**



LEWISTON | SOUTH PORTLAND | PORTLAND | **DEMPSEY CONNECTS**

[DempseyCenter.org](http://DempseyCenter.org) | 877-336-7287 | [info@dempseycenter.org](mailto:info@dempseycenter.org)



- North Spore..... Booth 102
- WMTW ..... Booth 103
- Adaptive Outdoor Education Center..... Booth 105
- Healthy Harts Elderberry ..... Booth 106
- Restore Hyper Wellness..... Booth 201
- Woodman Mansfield Company..... Booth 202
- The Hungry Gains ..... Booth 203
- Vigor Strength Studio..... Booth 204
- Mercedes-Benz of Scarborough..... Booth 205
- Northbridge..... Booth 206
- Back in Motion Physical Therapy..... Booth 207
- UnitedHealthcare..... Booth 208
- Touch Point EFT ..... Booth 209
- The Roux Institute Northeastern University..... Booth 210
- L.L.Bean ..... Booth 301
- Journey Magazine ..... Booth 302
- Body and Soul Care of Maine..... Booth 303
- Summit Spring Water, Inc. .... Booth 304
- NXGen Fitness Center..... Booth 305
- Northern Light Mercy Hospital..... Booth 306
- Sweetser ..... Booth 307
- Orange Theory Fitness..... Booth 308
- American Red Cross of Northern New England..... Booth 309
- Soulbeing ..... Booth 310

- Bespoke Health ..... Booth 311
- Coastal Pharmacy..... Booth 312
- Breathing Room Yoga & Movement Studio..... Booth 313
- SerenityMe..... Booth 401
- Relax Infinity/Cianbro..... Booth 402
- Aetna Medicare Solutions..... Booth 403
- Crossroads..... Booth 404
- Anthem Blue Cross Blue Shield..... Booth 405
- ME CDC Breast & Cervical Health Program..... Booth 406
- Shift Portland Training Center..... Booth 407
- Renewal by Andersen..... Booth 408
- ReVision Energy..... Booth 409
- Foley's Fitness Center..... Booth 410
- Abbott Nutrition ..... Booth 411
- University of New England..... Booths 501-503
- Portland Radio Group..... Booth 504
- The Vascular Care Group..... Booth 505
- CISCRP..... Booths 601-603
- MaineHealth ..... Booth 604
- Wyman's..... Booth 701
- Pine Tree Society ..... Booth 702
- GoGo Refill..... Booth 703
- Information Booth..... Booth 101



# Saturday Events

Hours: 9am–6pm

8:50 am

Main Stage

**Welcome** Join us for a welcome greeting from the HealthyMaine Expo's leader, President of Promerica Health, Steve Woods.

Since 2003, Steve has stewarded Promerica Health into becoming one of the leading marketing and wellness agencies in the country. As a CLIA-licensed, COLA-accredited, and HIPAA-compliant lab operator, Promerica Health delivers transformative health and wellness experiences, providing over 5 million health screenings via its Mobile Health Vehicles.

As a passionate advocate for environmental health, physical, and mental health, Steve celebrates the healthy ethos central to Promerica Health's mission—Healthy People, Healthy Planet. Every year, Promerica Health's sustainable campus offsets 127,672 lbs. of CO<sub>2</sub>, the equivalent of saving 13,598 trees.

All-day

Mindfulness Center

**Meditation** Discover the transformative power of meditation by visiting the Mindfulness Center, conveniently located in the entrance lobby, and learn how this practice can bring serenity to your life.

Presented by SerenityMe

All-day

Kid Zone

**Kid Zone** If you're looking for a fun-filled day for the whole family, the Kid Zone is a must-visit destination. It offers a range of activities that cater to both the young and young-at-heart, such as Gaga Ball, Inflatable Archery, Crafts, and an Adaptive Bike Track!



Presented by Pine Tree Society

All-day

Screening Bus

**Health Screenings** Want to know your BMI or have your blood pressure and heart rate checked? Get a vision test and other informational screenings? Visit the Screening Bus and get access to health metrics that will help you and your healthcare professional make the best decisions for your health.

Presented by CISCRP

9:10 am

Main Stage

**Baby Booty** Baby Booty is a workout and community for all (pregnant and postpartum) parents that fosters mental and physical strength through exercise and support! We offer 15 classes a week ranging from workouts, social circles, yoga, hip hop, and stroller walks! We welcome all babies and toddlers under 4 years old. Baby-wearing is optional.

Presented by SerenityMe

9:50 am

Main Stage

**Know Your Breast Cancer Risk** Do you know your breast cancer risk? Join Dr. Suzanne Hoekstra, MD, FACS for a presentation on a subject of paramount importance: Breast Cancer Screening, Basic Risk Factors for Breast Cancer, and High Risk and Genetics. As a dedicated breast surgeon, Dr. Hoekstra has had the privilege of witnessing the profound impact that knowledge and early detection can have on patients' lives. Understanding the risk factors is the first step toward early detection and effective treatment.

Presented by Northern Light Mercy Hospital

10:30 am

Main Stage

**Optimizing Your Wellness with Health Assessments** Discover the health assessments that may help improve your health and wellness with Emily Jennings, RN from Restore Hyper Wellness. Learn how Biomarker Assessments evaluate your blood for insufficiencies and genetic markers so you can make informed decisions about your health. The Food Sensitivity Assessment teaches you which foods negatively affect your gut so you can make the right dietary changes. Micronutrient & Antioxidant Assessments provide a picture of your cellular health by analyzing your antioxidant, amino acid, and micronutrient levels. The MethylDetox Assessment evaluates your DNA to show any mutations affecting the way your body under or overcompensates essential bodily functions.

Presented by Restore Hyper Wellness

11:10 am

Movement Zone

**Les Mills BODYPUMP Class** Limited Spots available, sign-up for FREE at the NXGen Fitness booth! BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Presented by NXGen Fitness Center

12:20 pm

Movement Zone

**Body Weight Boot Camp Class** This body weight class incorporates cardio, strength, balance, and complex movement to raise your heart rate and get you moving in a safe and effective way. Our trainers will take you through a warm up focusing on mobility and setting the body up to function properly during the workout. They will guide you through exercises paying close attention to form and are able to modify or progress where appropriate. The class will end with a cool down and stretching. We know you'll leave feeling accomplished and motivated!

Presented by SHIFT Portland



## 1:00 pm Movement Zone

**Barre Class** Turn back the clock and ensure a long life of healthy movement! Sign up at the Northbridge Communities booth for an exciting Barre Exercise demonstration that blends ballet-inspired moves with strength training and balance exercises to help reduce the risk of falls. Don't miss out, secure your spot at the HealthyMaine Expo!

Presented by Northbridge Communities

## 2:10 pm Main Stage

**Understanding Varicose Veins and Vascular Disease** Join Dr. Nathan Aranson of The Vascular Care Group for an informative presentation where he delves into the intricate world of vascular health to empower you with knowledge about these common vascular conditions. This session combines medical expertise with accessible explanations, ultimately guiding you toward a healthier vascular future.

Presented by The Vascular Care Group

## 2:50 pm Main Stage

**H.E.A.S.** Health at Every Size® is a weight inclusive, compassionate, self-care approach to wellness that promotes health equity and seeks to improve access to healthcare regardless of size. Join Meghan Johnson, LCSW, CCS Eating Disorder Specialist and Tonya Spaulding, RD Dietitian as they discuss how the paradigm shift away from a weight-centric approach to health enhances the treatment of eating disorders by highlighting body diversity, honoring lived experiences, and fostering positive behavior change to attain desired health outcomes as opposed to focusing on manipulating weight and shape.

Presented by Crossroads

## 3:20 pm Main Stage

**Sound Bath Experience** Settle down, relax and get ready to expand your energy in this immersive sound experience with Rachel Rivera, a local sound and Reiki healer. Sound healing often puts people into a theta wave (or dream-like) state and uses the vibrations of the music to tune the natural vibrations of our cells and energies. Using her voice along with many instruments including crystal singing bowls, Rachel facilitates an intuitively-guided, intention-based sound bath.

Presented by SerenityMe

## 4:00 pm Main Stage

**The Path to Wellness: Info(rmation) that Empowers** Join us for an engaging panel conversation on creating healthier outcomes for ourselves and our community. Learn about clinical trials as a healthcare option, take control of your health, and be part of the future of medicine. This fireside chat will leave you enlightened, inspired, and informed.

Presented by CISCRP



# Our Portland, ME Office NOW OPEN

Comfortable, convenient,  
comprehensive vascular care.



**BOOK NOW**

[info@thevascularcaregroup.com](mailto:info@thevascularcaregroup.com)

**207-464-8288**

Nathan J. Aranson, MD, RPVI, FACS

Elizabeth Blazick, MD, RPVI, FACS

Christopher T. Healey, MD

Amber Schaub, PA



# Sunday Events

Hours: 9am–4pm

## All-day Mindfulness Center

**Meditation** Discover the transformative power of meditation by visiting the Mindfulness Center, conveniently located in the entrance lobby, and learn how this practice can bring serenity to your life.

Presented by SerenityMe

## All-day Kid Zone

**Kid Zone** If you're looking for a fun-filled day for the whole family, the Kid Zone is a must-visit destination. It offers a range of activities that cater to both the young and young-at-heart, such as Gaga Ball, Inflatable Archery, Crafts, and an Adaptive Bike Track!



Presented by Pine Tree Society

## All-day Screening Bus

**Health Screenings** Want to know your BMI or have your blood pressure and heart rate checked? Get a vision test and other informational screenings? Visit the Screening Bus and get access to health metrics that will help you and your healthcare professional make the best decisions for your health.

Presented by CISCRP

## 9:10 am Main Stage

**Know Your Breast Cancer Risk** Do you know your breast cancer risk? Join Dana Greer, RN, BSN, OCN for a presentation on a subject of paramount importance: Breast Cancer Screening, Basic Risk Factors for Breast Cancer, and High Risk and Genetics. As a dedicated registered nurse, Dana has had the privilege of witnessing the profound impact that knowledge and early detection can have on patients' lives. Understanding the risk factors is the first step toward early detection and effective treatment.

Presented by Northern Light Mercy Hospital

## 9:50 am Movement Zone

**Yoga Session** Discover the transformative power of yoga with SerenityMe at the HealthyMaine Expo. Join us for an immersive and enriching presentation that showcases a diverse array of yoga techniques designed to nurture both body and mind. Our skilled instructors will guide you through a live demonstration, unveiling the art of mindful movement, breathwork, and relaxation. From invigorating flows to soothing poses, experience how yoga fosters holistic well-being. Whether you're a beginner or a seasoned practitioner, unlock the benefits of enhanced focus, flexibility, and inner serenity. Elevate your understanding of self-care and embark on a journey to a more balanced and blissful life.

Presented by SerenityMe

## 10:30 am Main Stage

**H.E.A.S. Health at Every Size®** is a weight inclusive, compassionate, self-care approach to wellness that promotes health equity and seeks to improve access to healthcare regardless of size. Join Meghan Johnson, LCSW, CCS Eating Disorder Specialist and Tonya Spaulding, RD Dietitian as they discuss how the paradigm shift away from a weight-centric approach to health enhances the treatment of eating disorders by highlighting body diversity, honoring lived experiences, and fostering positive behavior change to attain desired health outcomes as opposed to focusing on manipulating weight and shape.

Presented by Crossroads

## 11:10 am Movement Zone

**Les Mills BODYPUMP Class** Limited Spots available, sign-up for FREE at the NXGen Fitness booth! BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Presented by NXGen Fitness Center

## 12:20 pm Main Stage

**Understanding Varicose Veins and Vascular Disease** Join Dr. Nathan Aranson of The Vascular Care Group for an informative presentation where he delves into the intricate world of vascular health to empower you with knowledge about these common vascular conditions. Dr. Aranson will provide a comprehensive overview of varicose veins and vascular diseases, shedding light on their causes, symptoms, and potential complications. Join us for a session that combines medical expertise with accessible explanations, ultimately guiding you toward a healthier vascular future.

Presented by The Vascular Care Group

## 1:00 pm Main Stage

**Eat Fresh Eat Local** Matthew Trembley, director of Procurement & Culinary Operations, leads an informative session on the culinary practices and choices at Northbridge Communities Senior Living facilities and the importance (and joy) of eating fresh, local foods.

Over the years, we've learned that age does not lessen the desire for fresh, quality dining, it often enhances it! Eat Fresh, Eat Local is a unique program at Northbridge focusing on fostering community connections, fresh and local seasonal menus, and enhancing mind and body.

Presented by Northbridge Communities

1:40 pm

Movement Zone

**Still Kickin' Tap Dance Experience** Join Instructor Rhonda Cook for a Still Kickin' Tap experience you're sure to love!

Still Kickin' Dance Classes are for adults ages 55+ who want to move and groove in a class designed specifically for them. No high impact, No floor work, No expectations other than FUN of course! Dancing has been known to improve memory, help with balance-flexibility-strength and is lots of FUN!

Presented by Drouin Dance Center

2:10 pm

Main Stage

**Range Company Co.** Range Culture Co. provides HR consulting and training workshops based in improvisation. Improv is about being in the moment, taking risks, and embracing uncertainty. These fundamentals provide a framework for being able to handle change and think on your feet, whether you're on stage, in a workshop, or simply looking to enhance communication and collaboration skills. Our facilitators will do two activities with the HealthyMaine Expo attendees that will demonstrate how to enhance collaboration and offer support.

Presented by SerenityMe

2:50 pm

Main Stage

**Optimizing Your Wellness with Health Assessments**  
Discover the health assessments that may help improve your health and wellness with Emily Jennings, RN from Restore Hyper Wellness. Learn how Biomarker Assessments evaluate your blood for insufficiencies and genetic markers so you can make informed decisions about your health. The Food Sensitivity Assessment teaches you which foods negatively affect your gut so you can make the right dietary changes. Micronutrient & Antioxidant Assessments provide a picture of your cellular health by analyzing your antioxidant, amino acid, and micronutrient levels. The MethylDetox Assessment evaluates your DNA to show any mutations affecting the way your body under or overcompensates essential bodily functions.

Presented by Restore Hyper Wellness

New England Drives

Ira



EQS

EQB

EQE

With any purchase of a new Mercedes-Benz

**EQ MODEL**

RECEIVE A

**CHARGEPOINT LEVEL 2 HOME CHARGER**

+ 2 years **FREE** vehicle maintenance  
+ 2 years **FREE** charging

Mercedes-Benz of Scarborough



**AIRSTREAM** *SPRINTER*

137 US-1, Scarborough, ME 04074  
207-510-2250  
**MBofScarborough.com**

Prior purchases or leases excluded. Contact dealer for complete details. Offers expire 12/31/2023.





# Find a Research Study

## Based on your healthcare needs.

Over 14,000 trials identified for patients & the public

Visit CISCRP's exhibit booth to learn more about our free "Search Clinical Trials" service, review clinical research brochures, and enter a raffle for a prize.



Visit [www.ciscrp.org/services/search-clinical-trials/](http://www.ciscrp.org/services/search-clinical-trials/) or scan the QR code to learn more.

# Northbridge Senior Living in Maine

Independent Living • Assisted Living • Avita Memory Care



Northbridge Senior Living communities in Maine offer engaging programs, *Eat Fresh, Eat Local* dining, a care team available 24/7 and so much more!

<<< *scan here to learn more about becoming a resident!*



Locations in: Brunswick, Hallowell, Wells & Westbrook | [NorthbridgeMaine.com](http://NorthbridgeMaine.com)

## PREMIUM SINCE 1875

NATURALLY FREE-FLOWING  
& BOTTLED BY GRAVITY

EXPERIENCE THE REAL MAINE  
TASTE OF EXTRAORDINARILY  
PURE SPRING WATER.

Summit Spring® is one of the oldest  
and most revered natural spring  
sources in North America.

We remain one of the last  
free-flowing springs on earth—  
where water is captured,  
gravity fed, and bottled only  
at the source.

ORDER ONLINE AT:  
[SUMMITSPRING.COM](http://SUMMITSPRING.COM)



KNOW WHERE  
YOUR WATER  
COMES FROM



SOURCE: SUMMIT SPRING • HARRISON, MAINE 04040



Are you an employer looking for innovative ways to support your team?



Are you a health or wellness provider looking for qualified referrals?



We are on a mission to connect high quality health and wellness providers with those in need of their services.

**LEARN MORE & JOIN US**

[info@soulbeing.com](mailto:info@soulbeing.com)

[www.soulbeing.com](http://www.soulbeing.com)



**No Sign-Up Fees, No Annual Fees & No Cancellation Fee**

- Ages 12+ Sports Performance Program
- Cycling Classes Available **FIRST CLASS FREE!**
- Luxurious Locker Rooms w/ Showers & Sauna
- Free Consults w/ a Personal Trainer
- Group Classes, Featuring Les Mills Classes, Included w/ Membership
- Turfside Outdoor Workout Space Included w/ Membership

**PERSONAL TRAINING AS LOW AS \$33/SESSION**



**SPORTS PERFORMANCE CENTER**  
One-on-one training w/ certified strength & conditioning coaches or group sessions



**EXPANSIVE TRAINING CENTER**  
A huge selection of free weights, machines & cardio equipment at your disposal



**TURFSIDE WORKOUT AREA**  
Squat, deadlift, bench, sled push, flip tires & much more!  
Outdoor classes also available!



**RENOVATED LOCKER ROOMS**  
Sauna, heated floors, luxury showers, TVs & more!



**CYCLING & FITNESS STUDIOS**  
A variety of cycling & group fitness classes, included w/ your membership



**VOTED BEST FITNESS CENTER/GYM IN THE 207!**

**NXGEN**  
FITNESS CENTER

29 Pleasant Hill Road  
Scarborough, ME 04074

207.883.2979  
[nxgenfitness.com](http://nxgenfitness.com)

Instagram & Facebook: @nxgenfitness

**FREE WEEK TRIAL: TEXT NXGEN TO 52236**



# Life is better when you get *Back in Motion!*

No matter what you do to stay active, we have 15 locations throughout the state to help keep Mainers on the move!



## Back in Motion™

PHYSICAL THERAPY LLC

MainePhysicalTherapy.com



*Welcome to the HealthyMaine Expo!*



*Experience EFT Tapping today  
at the Touch Point booth.*



207-878-8315 / [karenstclairEFT.com](http://karenstclairEFT.com)



TouchPoint



## Boost Employee Wellbeing, Productivity, and Workplace Safety with the Relax Infinity App.

Elevate your employees' mental health and workplace safety with Relax Infinity - a fusion of top-notch relaxation, meditation, and mindfulness content, customized for diverse work environments. Experience the synergy in one powerful resource!



To learn more about how Relax Infinity can help your employees, email us at [partnerships@relaxinfinity.com](mailto:partnerships@relaxinfinity.com)

Ready to elevate your own mindfulness and wellbeing? Get 50% off with our Expo Special! Just use this QR code.



## CIANBRO Relax Infinity

At Cianbro, we take pride in ensuring our team members go home in better condition than when they arrived. We look out for each other's health and safety, and that includes our mental wellbeing. That's why Cianbro incorporated the Relax Infinity app into our team's daily routine so that we can visualize a safe and productive day before we start work. We're proud to offer Relax Infinity as an additional tool to support the mental health of our team members.

Join a nationally recognized industry leader in health & safety!  
Visit [Cianbro.com](http://Cianbro.com) to see our career opportunities & apply.

*Cianbro is an employee-owned, tobacco-free, equal opportunity employer, including disability and protected veteran status.*



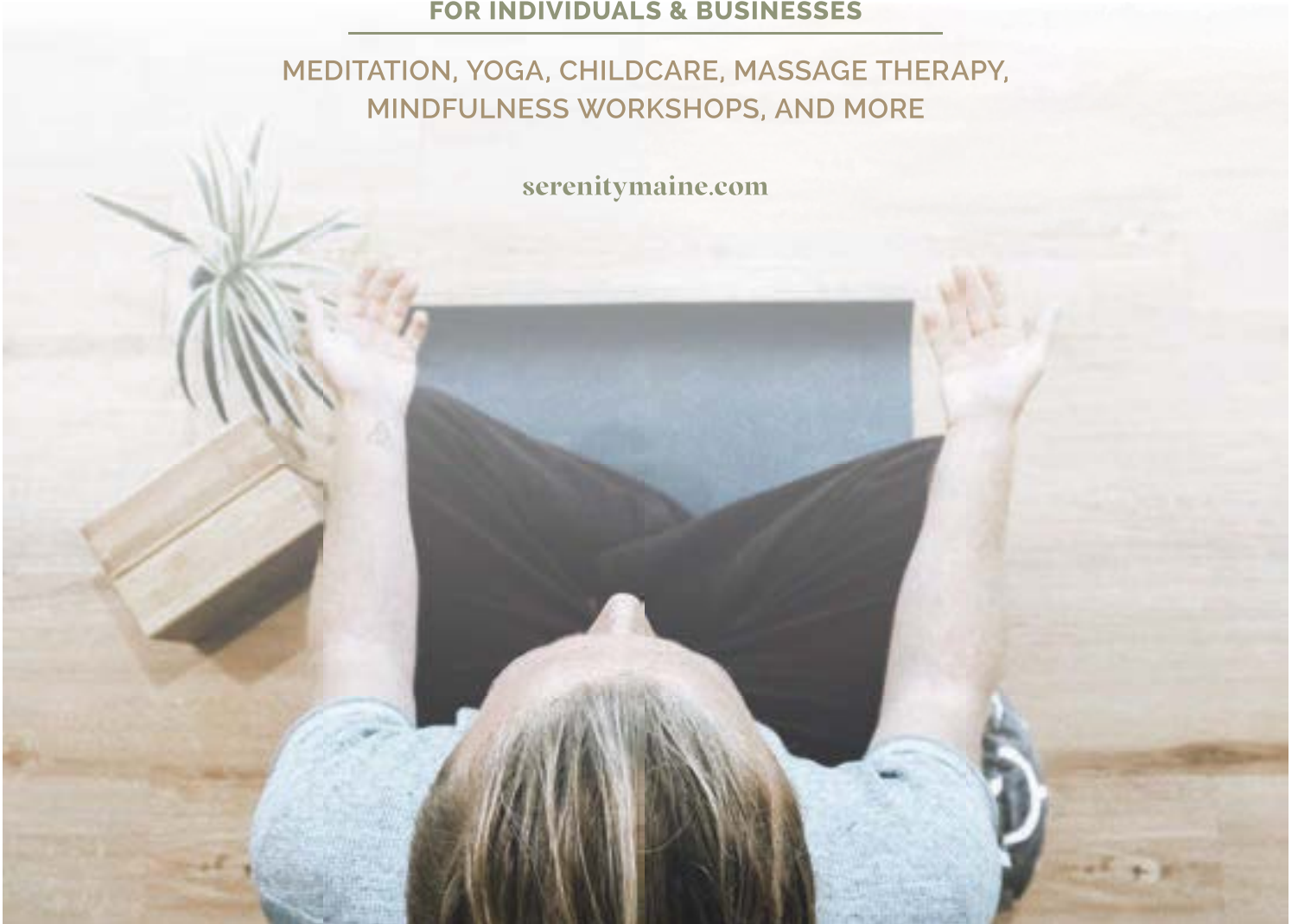
**SerenityMe**

**BUILDING COMMUNITIES  
through mindfulness**

**FOR INDIVIDUALS & BUSINESSES**

MEDITATION, YOGA, CHILDCARE, MASSAGE THERAPY,  
MINDFULNESS WORKSHOPS, AND MORE

[serenitymaine.com](http://serenitymaine.com)





# L.L.Bean

Being outside is good for us, in every possible way.

**#BeanOutsider**

L.L.Bean is a proud sponsor of the HealthyMaine Expo.