

# 7th UTHealth Stomp Out Stroke Festival

Presented by

Encompass Health Rehabilitation Hospitals



Saturday, May 4, 2019  
9:00 am – 3:30 pm  
Jones Lawn and Grace Event Lawn  
Discovery Green  
1500 McKinney St. 77010

  
**UTHealth**  
The University of Texas  
Health Science Center at Houston

**Institute for Stroke  
and Cerebrovascular Disease**

  
**UTHealth**  
**McGovern  
Medical School**

The University of Texas  
Health Science Center at Houston

## LAMAR STREET

### **CHRISTUS Healthy Living**

**Mobile Unit 1** Blood pressure, glucose, cholesterol screenings & health education. 9am-2pm

### **Diabetes Awareness & Wellness Network (DAWN) 2**

Diabetes risk assessments & health coaching.

### **Kids Dental Screenings UTHealth School of Dentistry 3**

9am-12pm

### **BRAIN DISCOVERY ZONE**

Guest check-in & onsite registration opens @ 8am

**Guest Check-In 4** If you pre-registered, check-in here. 8am-3pm

### **Brain Imaging**

#### **Dept. of Diagnostic & Interventional Imaging**

**UTHealth 5** Imaging to see the brain structure and function: CT, MRI and fMRI.

### **Kindred Rehabilitation**

#### **Hospital Clear Lake 6**

### **Non-invasive Brain-Machine Interface, UH Systems 7**

Dedicated to engineering of the brain, design of non-invasive brain-machine interface & robotic systems for repair of the motor system. + robotic demos.

**Willie's Way 8** Learn about our foundation dedicated to improving the lives of stroke survivors through education, support and fundraising. Meet Willie, 10 yr stroke survivor with an amazing success story & founder of Willie's Way.

### **Healthy Brain Aging UTHealth Geriatrics 9**

**Stroke in Women UTHealth Stroke Institute 10** Learn about how pregnancy, hormone replacement & migraines can increase a woman's stroke risk.

### **Stroke Research & Community Resources**

#### **UTHealth Stroke Institute 11**

**Onsite Registration 12** Walk-ins welcome. 8am-3pm

### **Vocational Rehabilitation Services 13**

### **Fitness Education & Fun Houston Area Nurse Practitioners 14**

**Vision Screening UTHealth Ophthalmology Student Group 15** Kids & Adults vision screenings.

**Optical Illusions UTHealth Ophthalmology Student Group 16** What is an optical illusion? See illusions and

discover how the brain interpret images from the eyes.

**Brain Game: Lollipop Madness**  
**UTHealth Stroke Institute 17**

**Bubble Lick 18**

**Guest Check-In 19** If you pre-registered, check-in here. 8am-3pm

## **HEALTHY BRAIN ZONE**

**THINK Specialists For Kids Stage with DJ Bizonee**

10:10am Rising Stars Academy of Dance

10:45 am Dance of Asian America

11:00 am Rhodes School Drumline and Dance

1:30pm Ballet Folklorico Azteca de Houston

2:00 pm Robot Extreme Dance

**Medical and Cooling Station**  
**Southeast Texas Regional Advisory Council (SETRAC)**

**20** Onsite BLS level emergency medical support or drop by to cool down.

**Door Prizes & Stage Support 21** Must be present onsite to win.

**DJ PANCAKE 22**

Music provided by Houston's own DJ PANCAKE with Pinto Productions Entertainment.

**Water & Popcorn**  
**UTHealth Stroke Institute 23**

**Cinco De Mayo Arts & Crafts**  
**UTHealth Stroke Institute 24** Sugar Skull Face Painting, Mexican Paper Flowers

**Houston Astros Shuttle Crew 25**

**MPOWER Expert Fitness & Nutrition 26** Results driven fitness and nutrition solutions focusing on body fat reduction.

**You Are What You Eat: Nutrition Memorial Hermann TMC Nutrition Dept. 27** Healthy eating tips. ✓ BMI and body fat %.

**Kidney Health Screening**  
**Texas Kidney Foundation 28** ✓ Blood pressure, glucose and eGFR (kidney function).

**Stroke Risk Factors**  
**St. Joseph Medical center A Steward Family Hospital 29** Learn about high blood pressure, high cholesterol and diabetes. How each risk factor relates to stroke.

**Stroke Risk Assessment  
UTHealth Stroke Team 30**  
Stroke prevention, treatment,  
signs of stroke (FAST).  
✓ your stroke risk.

**Encompass Health  
Rehabilitation Technology 31**  
Onsite therapists will  
demonstrate rehabilitation  
technologies such as Bioness.

**Tug of War and pain  
Assessments 32**

## **UNDER CULLEN VERANDA**

**Cholesterol, Glucose & BP  
Screenings HEB Pharmacy 33**  
✓ cholesterol- no fasting  
required, glucose- fasting  
required for accuracy. Review  
results with pharmacists.

**Carotid Ultrasound  
UTHealth Stroke Team 34**  
Measures carotid artery blood  
flow and detects blockages.  
Adults aged  $\geq 55$  years + stroke  
risk factor.

**Blood Pressure (BP)  
UT Physicians 35**

**Bone Density UT Physicians  
36** Check your heel bone  
density & review results with a  
healthcare provider.

## **STROKE RECOVERY ZONE**

**Atrial Fibrillation UTHealth  
37** Learn about Afib and how it  
relates to stroke.

**AmeriHeart Inflatable Heart  
Exhibit 38**

**Texas Heart Institute's  
Center for Women's Heart  
& Vascular Health 39**  
Everything we do to reduce  
heart attack risk, reduces stroke  
risk—yet women don't perceive  
themselves at risk for stroke.  
Prompt diagnosis and treatment  
maybe the difference between  
life and death.

**Texas Heart Institute's  
Project Heart 40** Learn about  
heart and circulatory system  
anatomy. Why making healthy  
eating choices and physical  
activity is important to the  
circulation system. Earn a Cool-  
E badge.

**Home Exercise Program  
with Theraband PAM  
Rehabilitation Hospital of  
Clear Lake 41** Comprehensive  
rehabilitation services focused  
on brain injury and stroke.

**Forgetfulness and Memory  
Screen UTHealth Neurology  
42** Memory loss? Forgetful?  
Adults age  $\geq 45$  years.

**Fall Risk Assessment**

**Mentis Neuro Health 43** Fall prevention and fall risk. Take the Timed Get up and Go Test.

**Houston Aphasia Recovery Center 44** Wellness program and support services for persons with aphasia and their families.

**Tobacco Prevention MDACC 45**

**Communication Sciences & Disorders, UH 46**

Do you have a language or hearing problem? Learn about our research & clinical services.

**NeuroSkills Centre Learn about Dysphagia and our services 47**

**Silver Sneakers Tivity Health 48**

**YMCA of Greater Houston 49**

**Stroke Warriors 50** Local stroke support group, welcoming new members.

**Music Therapy Texas Music Therapy Services 51**

**Cooking Healthy with Chef Tim Sadler- AHA 52** Demo with samples @11:30am & 1:30pm.

**THINK Specialists for Kids Station 53** Diagnosis and

treatment of migraines in kids.

## **CHILDREN'S ZONE**

**Community Health Choice 54**

**Brain Activities & Sheep Brain Dissection The Health Museum 55**

**Concussions 56** Diagnosis and treatment of migraines in kids.

**Texas Medical Association's Hard Hats for Little Heads Michael E. DeBakey Veterans Affairs Medical Center in Houston 57** Learn about helmet fitting. Free bike helmets while supplies last.

**Kids Think FAST Houston Methodist Neurological Institute 58** Kids learn about stroke and signs of stroke using FAST.

**Brain Food Memorial Hermann Southwest Clinical Nutrition 59** Kids nutrition- Healthy snacks for kids.

**Water/ Snack and Door prizes 60**

**Blue Cross/ Blue Shield Children's Playground**

**Moonwalk 61**

## **Balloon Twister, Face Painting & Bubble Fun 62**

**Brain On Drugs UTHealth Stroke Institute 63** Learn the effects of different drugs on the brain. Spin a "Quiz Wheel" & win a prize.

## **Get Fit with Hula Dancing Malia's Hula Hut 64**

## **Club SciKidz 65**

## **American Robotics Academy 66**

## **Meet Our Emcee's**

**José Griñan:** Anchors FOX 26 Morning and Midday Newscasts for the past 20+ years. Previously hosted "Hola Houston" and continues to host "The Black Voice", two weekly public affairs programs. Jose stays active in the community volunteering his time for a number of non-profit and cultural, educational and social service organizations. His career choice has allowed him to be an eyewitness to both triumph and tragedy in today's world. Jose is married to Kathryn Griffin, and they are proud parents of five daughters.

## **Thanks to Our Generous sponsors and supporters!**



## **DJ Bizonee 67**

**AmeriBrain Exhibit 68** Walk thru an inflatable brain to learn about brain parts & functions.

## **MACONDA'S GROVE Girl Scouts Stations 69-79**

## **Children's Zone Guest Check-in & Onsite Registration 80**

**Lady MaCallen:** Houston's own redhead powerhouse. A Model, emcee and community advocate, with over 15yrs of experience serving as a volunteer and board member of local nonprofit organizations. Lady is a proud mother and recently founded The Fancy Hat Society, a networking & empowerment group for women.

