



Health, Wellness & Community Expo



featuring

North Royalton's 13th Annual 5K Bear Run/Walk &



Pancake w/Sausage Breakfast



**Saturday, Nov. 2nd
North Royalton High School**

**8 am - Noon
14713 Ridge Road**

EXPO HIGHLIGHTS

FREE PANCAKE W/ SAUSAGE
BREAKFAST

5K BEAR RUN /WALK
SILVER SNEAKERS & YMCA SENIOR
FUN WALK

STUDENT TURKEY TROT & FOOD DRIVE
TO BENEFIT NR FOOD BANK

LOW-COST FLU & PNEUMONIA
VACCINATIONS & FREE HEALTH SCREENS
BY PARMA COMMUNITY GEN. HOSPITAL

K-9 DEMO & DANCE PERFORMANCE

U.S. VETERAN'S ADMINISTRATION
OUTREACH PROGRAM

WOOD OVEN PIZZA'S COOKED
OUTDOORS - TAKE ONE HOME!

WWW.FIRETRUCKPIZZA.COM

SCHEDULE OF EVENTS

LIVE STEEL DRUM MUSIC BY ISLAND JEFF CAVALLO

- 8 - 10 AM FREE PANCAKE & SAUSAGE BREAKFAST
COURTESY OF MAYOR BOB STEFANIK
- 8:30 AM NR SCHOOLS STUDENT TURKEY TROT WITH FOOD
DRIVE TO BENEFIT NR FOOD BANK
- 9 AM NORTH ROYALTON 5K BEAR RUN/WALK
SILVER SNEAKERS & YMCA SENIOR FUN WALK
- 9 - NOON EXPO OPENS : WELLNESS & COMMUNITY
EXHIBITORS & HEALTH SCREENS
- FLU (\$30 FEE) ♥ PNEUMONIA (\$75 FEE)
VACCINATIONS : PARMA COMMUNITY GENERAL HOSP .
- PINT SIZE HEROES: AMERICAN RED CROSS
BLOOD DRIVE
- ★ APL ROVER VAN: ONSITE PET ADOPTIONS
- 9:30 - 10 AM RICHARD UNGVARSKY, MD: PARMA COMMUNITY
GENERAL HOSPITAL METABOLIC CLINIC
- 10 - 10:30 AM IGNITE DANCE STUDIO PERFORMANCE
- 10:30 -11 AM RONALD McDONALD MAGIC SHOW
- 11 - 11:30 AM EXCEL K-9 SERVICE DOG
- 11:30 - NOON FINAL DOOR PRIZES & RAFFLE DRAWING

**FIRE TRUCK PIZZA COMPANY WILL BE SELLING FRESH BAKED WOOD OVEN
PIZZA'S FROM 10:30 AM TO 12:15 PM IN THE HIGH SCHOOL PARKING LOT!**

FOR EXPO INFORMATION: 440-230-1133 OR 440-582-9034



EVENT SPONSORED BY:



MAYOR BOB STEFANIK



A Passion for Excellence

GREG GURKA, SUPERINTENDENT
NORTH ROYALTON CITY SCHOOLS



SPORTS REHABILITATION CONSULTANTS
PHYSICAL THERAPY



AETNA (440) 476-5804 Medicare Advantage; Medicare Supplements & Part D Plans.	ALERT CARE (216) 299-3709 Medical Alert Safety System	A SPECIAL THANK YOU TO THE BUSINESSES & ORGANIZATIONS JOINING US TODAY.	AMERICAN CANCER SOCIETY (888) 227-6446 Relay for Life & Info on ACS Programs & Services.	AMERICAN RED CROSS (216) 431-3010 Pint Size Heroes Blood Drive in Gymnasium. Give Blood to Save A Life
ARBONNE (440) 570-7984 Botanically Based, Gluten Free Vegan Certified Skin-Care Products	BECKY'S COOKIES & CUPCAKE MAMA (440) 799-3188 Gourmet Cookies & Cupcakes w/Samples	CLEVELAND ANIMAL PROTECTIVE LEAGUE (APL) (216) 377-1622 APL Rover Van with Pet Adoptions!	CLEVELAND METROPARKS (440) 253-2144 Info on Healthy Activities Within the Cleveland Metroparks.	CORNERSTONE OF HOPE (216) 524-4673 Grief Support & Counseling Services
COSTCO WHOLESALE (440) 783-3417 Wholesale Products, Pharmacy, Hearing Aids & Optical.	CUY COUNTY BOARD OF HEALTH (216) 201-2000 County-Wide Public Health Services.	CUYAHOGA JOB & FAMILY SERVICES (216) 987-7369 Health Care / Employment Services & Programs.	CUY COUNTY PUBLIC LIBRARY NORTH ROYALTON BRANCH (440) 237-3800 Public Library Info & Handouts.	CUYAHOGA VALLEY CAREER CTR (440) 526-5200 Technical & Health Care Education Blood Pressure ✓ by Nursing Students.
DYNAMIC FITNESS (440) 345-6683 Fitness Machines & Classes, Tanning & Childcare for Members	ELITE HEALTH & WELLNESS (440) 230-2300 Chiropractic, Sports Rehab, Performance Training, Functional Fitness	EPILEPSY ASSOCIATION (216) 579-1330 Case Management for Adults with Epilepsy & Mental Health Conditions	EXCEL K-9 (216) 214-0060 Comprehensive Law Enforcement & Civilian Dog Training Service & Support. Exciting K-9 Demo at Expo.	FOOD ADDICTS ANONYMOUS (440) 725-2007 12 Step Program for Food Addicts or Issues with Obesity, Anorexia or Bulimia
THE GATHERING PLACE (216) 595-9546 Cancer Support Center Offering Free Programs & Services.	HAELY FAMILY CHIROPRACTIC (440) 838-5755 Chiropractic Care. Spinal Screenings w/Color Printout	HEALTHIEST YOU CHIROPRACTIC CENTER (440) 238-3338 Complete Chiropractic Services Spinal Screenings	HIBU (440) 315-9270 Websites, Display Ads, Community Magazines & Yellow Pages	HOSPICE OF THE WESTERN RESERVE (216) 502-4448 Hospice & Palliative Care
IGNITE DANCE STUDIO (330) 273-3113 Dance Studio for Toddlers, Teens & Adults. Providing Dance Demo at Expo!	INSPHERE INSURANCE SOLUTIONS (440) 915-5551 Affordable Insurance Options for Life, Health, Medicare, Long-Term Care.	ISLAND JEFF CAVALLO (440) 582-3829 Live Steel Drum Music Expo Emcee & Entertainment!	JOHN OWEN'S ADVENTURE INC (440) 230-1555 Non-Profit Fund-Raising Organization for Duchenne Muscular Dystrophy	JUICE PLUS /L.E.A.N. ON NADENE (440) 505-1182 Whole Food Based Nutrition & Health Coaching
KIM'S SCHOOL OF DANCE & YOGA BY KIM (440) 877-0002 Yoga & Dance	KNOW FITNESS (440) 537-1690 Personal Training & Group Fitness Classes. Movement Screens for Inflexibility at Expo.	LEIMKUEHLER INC. (440) 582-8000 Prosthetics, Orthotics, Braces	LIVING TREE CTR FOR HEALING (440) 877-9440 Chiropractic Care. Chair Massage & Stress/Health Assessments at Expo	LUPUS FOUNDATION OF AMERICA (440) 717- 0183 Support & Education for Lupus Patients & Their Loved Ones
MANBIR PANNU, DDS (440) 237-7730 Dental Services	MARY KAY COSMETICS MARY KAY MANNING (440) 724-4657 Skin Care & Make-Up Design	MARY KAY COSMETICS LAUREN KSIAZKA (440) 582-5846 Skin Care Wellness	MAXIMUM POTENTIAL CHIROPRACTIC (330) 723-1441 Chiropractic Care Spinal Screenings/Chair Massage at Expo	MEDICAL MUTUAL (440) 572-6389 Health Insurance Products
MORGAN BENEFITS (216) 539-5410 Health Insurance Brokers for I Individuals & Companies.	MOUNT ROYAL VILLA (440) 237-7966 Skilled, Long-Term Care, Respite & Hospice Services.	NATURE'S WAY FOR HEALTH (440) 842-7730 Natural Health, Wellness, & Nutrition Info plus Natural Supplements/Herbs.	NEW YORK LIFE INSURANCE (216) 643-1795 Insurance & Financial Services. Providing ID Fingerprinting for Children & Seniors with Memory Loss.	NOACA (216) 241-2414 Ext 282 Health Affects of Air Pollution & What We Can Do to Reduce It!
NORTHEAST CARE CENTER (440) 582-3300 Group Homes & Day Programs for Adults with Developmental Disabilities.	NORTH ROYALTON CITY HALL (440) 237-5686 Mayor's Office, Office on Aging, Recreation & Fire Departments. 5K Bear Run & Mayor's Pancake Breakfast.	NR CHAMBER OF COMMERCE ROYALTON RECORDER (440) 237-6180 Business Support & Local Newspaper.	NORTH ROYALTON FAMILY YMCA (440) 230-9339 Recreation Facility Body Composition Screens SilverSneakers & Senior Fun Walk.	NORTH ROYALTON CITY SCHOOLS (440) 237-8800 K-12 Education Student Turkey Trot & Pint Size Heroes Blood Drive w/ ARC.
OHIO DEPT OF INSURANCE (614) 728-1372 Consumer Advocate Providing Medicare & Insurance Counseling for Seniors	THE ORIGINAL BASKET COMPANY (440) 237- 4327 Corporate Gift Baskets Filled with Gourmet Foods & Gifts	PAPANDREAS ORTHODONTICS (440) 582-8585 Family Dental Care/Orthodontics	PARMA COMMUNITY GENERAL HOSPITAL & EDUCATION CTR (440) 743-4932 Blood Pressure, Glucose, Bone Density Screens, Flu/Pneumonia Vaccines. Presentation by Richard Ungvarsky, MD	PARTNERSHIP FOR A HEALTH NORTH ROYALTON (440) 582-9040 Uniting Communities for Safe & Healthy Living to Reduce Tobacco, Alcohol & Drug Use through Education & Support Services.
PLEASANTVIEW CARE CENTER LEGACY PLACE PARMA (440) 845-0200 Skilled Nursing & Assisted Living	THE POST NEWSPAPERS (330) 721-7678 Media & Local Newspaper	ROYALTON PSYCHOLOGICAL ASSOCIATES, LLC. (440) 476-8027 Mental Health Services. Providing Mental Health & ADHD Screenings.	ROYALTON WOODS (440) 582-4111 Assisted Living Services.	SHAKLEE/ENJOYING THE JOURNEY (440) 717-9883 Health & Wellness Products
SPORTS REHAB CONSULTANTS PHYSICAL THERAPY (440) 230-1133 Orthopedic & Sports Injuries, Aquatic-Therapy. Pain/Injury Screens.	ST VINCENT CHARITY MEDICAL CENTER (216) 363-7440 Bariatric Programs, Wound Center & Rockside Imaging. Podiatry Screens.	SULLIVAN ORTHODONTICS (440) 526-7506 Orthodontics Practice Free Orthodontic Screenings at Expo.	U.S. MARINE CORPS TOYS FOR TOTS (216) 233-1487 New Unwrapped Toy Collection for Children in Need.	VISITING ANGELS (330) 723-0300 Non-Medical Home Care