

Aging: Tides of Time- Growing Older and Stronger

“This booth provides education on how to recognize signs of aging and strategies to promote healthy aging in your body.” *presented by Madelyn Ward and Travis Dowd*

Alcohol Awareness: Think Before You Drink

“Our booth will focus on raising awareness about alcohol consumption by providing information on standard drink measurements and the potential health risks associated with both acute and chronic alcohol use. Additionally, we will engage participants with an interactive activity: using goggles that simulate the effects of alcohol impairment, participants will attempt to throw a ball into various targets, highlighting the impact of alcohol on coordination and judgment.” *presented by Antara Gupta, Ashna Shah, and Ritu Trivedi*

Asthma: Breath of Fresh Air

“Our objective is to provide information on how Asthma develops and its common symptoms through a simple explanation and interactive demonstration. In addition, we will give information on triggers, asthma management, medication use, and when to see a doctor.” *presented by Ali Sadek and Niyenth Iyengar*

Bike Safety: Texas Medical Association

“Booth sponsored by the TMA to encourage bike safety for children through education on proper helmet and giving away of properly fitted bike helmets.” *presented by Assiya Allen, Hafsa Jemal, and Hanna Gedamu*

Blood Pressure Education- Under Pressure? Know Your Numbers!

“What’s the Deal with Blood Pressure? Did you know 1 in 2 adults have high blood pressure—and many don’t even realize it? It’s called the “silent” health problem because it doesn’t always show signs, but it can hurt your heart if you don’t manage it. Come visit the Blood Pressure Education Booth to find out what blood pressure is, why it matters, and easy ways to keep it in check. We’ll show you simple steps you can take today to protect your heart and live healthier! Don’t wait—your heart will thank you!” *presented by Matthew Oh, Phil Ezeala, and Roslyn Saplicki*

Blood Pressure Screening: The BP Zone

- “Checking your blood pressure is a fast and easy way to take care of your health. Come get a free blood pressure check and learn what steps you can take to maintain a healthy blood pressure!” *presented by Ezi Kalunta-Crumpton, Salar Sanati, and Shoaib Syed*

BMI Screening

“We will calculate the BMI of our community members in anticipation of them receiving appropriate education about their BMI value by the providers.” *presented by Ayomide Osunjimi, Cally Eziama, and Nina Dwumfour-Poku*

Breast Cancer Awareness: Pink Power Station

“This booth highlights the importance of breast cancer screening including breast self-examinations and mammograms with an interactive component including feeling synthetic breasts for lumps.” *presented by Andrea Gutierrez and Mishel Malik*

Car Safety: A Pirate’s Guide to Car Safety!

“Ahoy, matey! This here booth be settin’ sail through the vast seas of car safety! We’ll be coverin’ a treasure chest o’ topics, includin’ what to always have stashed in yer car hold, the dangers o’ drivin’ under the influence, seatbelt safety fer little bilge rats to the seasoned sailors, avoidin’ distractions while at the wheel, and o’ course, we’ll be sharin’ general safety tips to make sure yer ship (or car) stays afloat! Together, we’ll keep all hands safe and sound as ye navigate the open road, ready for any adventure ahead!” *presented by Khaled Carl Choucair and Pauline Nguyen*

Cervical Cancer: Pin the Virus on the Cervix!

“A take on pin the tail on the donkey with a HPV virus and a uterus, having people guess where the cervix is and tell them what happens when you have cervical cancer and how to prevent it.” *presented by Alisha Collaco and Anika Srinath*

Child Development: Your Child is Growing- Things You Should Know!

“The purpose of this booth is to educate parents on guidelines to follow for proper child development by covering milestones, enrichment materials, and further resources!” *presented by Grace Li and Sana Jaleel*

Child Safety: Protecting Our Little Ones

“This booth will provide education to children on staying safe around strangers and new environments, as well as emphasize healthy boundaries with adults they know. It will also introduce parents and educators to the Dallas Children’s Advocacy Center – a resource for families and children who have experienced abuse.” *presented by Asim Mohamed and Naasik Syed*

Cholesterol Education

“Educating parents and children about cholesterol, the importance of maintaining healthy cholesterol levels, and ways to monitor and treat high cholesterol.”
presented by Nikhil Gadiraju and Sam Bazzi

Cholesterol Screening

“Did you know that elevated blood cholesterol is a risk factor for heart disease and heart attack? Screening for elevated cholesterol is quick and easy, and levels can often be improved with simple measures like diet and exercise. Come get screened today to know your risk!” *presented by Brooke Benjamin, Hannah Hittson, and Megan McArthur*

Colon Cancer Screening: Go With Your Gut

“This booth will function to inform participants about the appropriate age for colorectal cancer (CRC) screening, both for those who are average risk and those who are higher risk (first degree relatives with CRC). We would like to share these age recommendations and different screening modalities, so patrons can think about their preferences and make the best decisions with their physicians.” *presented by Ayah Ahmed, Flavia Fernandes, Ken Zou, and Temilade Dada*

Communicable Diseases: Stop the Spread Station

“Learn how to protect yourself and others from communicable diseases! Our booth provides essential tips on prevention, awareness, and breaking the chain of infection. Discover interactive displays, educational materials, and tools to stay healthy and stop the spread of germs. Together, we can build a safer, healthier community!” *presented by Sreya Gandra and Tung Tran*

Concussions: Heads Up!

“Our booth will provide an overview of concussions, covering key aspects such as their causes, signs, and symptoms. We aim to educate attendees on strategies for prevention, effective recovery methods, and the factors that increase susceptibility to concussions, such as participation in specific sports. Additionally, we will emphasize the importance of a safe return-to-play protocol to promote long-term health and well-being.” *presented by Anubhav Thapaliya and Hafsa Khalil*

CPR 101

“Get hands-on and heart-ready at the CPR booth! Boost your confidence in saving lives with our engaging and interactive experience. Learn how to perform quality CPR in just a few simple steps, uncover the fascinating science behind it, and discover why your actions can make all the difference in an emergency. We also have state-of-the-art CPR dummies for a fun, hands-on experience. Stop by to

become a life-saving hero, because knowing CPR means being ready to save a life – anytime, anywhere!” *presented by Ishav Shukla and James Hwang*

Demystifying Dementia: The Brain’s Puzzle

“What is dementia? Dementia is a disease that can make it harder to remember the past, think through things, and more. Depending on its severity, it can impact people’s daily activities, lives, and even their personalities! Want more information? Head to our booth to learn more about dementia, how it happens, and the latest research!” *presented by Bilal Homayoun and Nathan Wulfekammer*

Dermatology in Skin of Color: Shades of Care and Understanding Skin Health

“The Dermatology: Skin of Color Booth will provide educational materials on dermatologic conditions that disproportionately affect individuals with darker skin tones, including psoriasis, hidradenitis suppurativa, melanoma, acanthosis nigricans, eczema, alopecia, and vitiligo. The booth will highlight key features of these conditions, their impact on skin of color, and general management strategies. Attendees will also receive complimentary samples of moisturizers and sunscreens suitable for diverse skin types to promote skin health and awareness.” *presented by Beth Childs and Katayoun Khalilian*

Dermatology: Staying Safe in the Sun

“Join us to learn how sunscreen can be a powerful shield against the sun’s harmful rays. We’re here to show kids the importance of applying sunscreen regularly to keep their skin safe and healthy. Stop by for a free sample and tips on making sunscreen a part of everyday outdoor fun!” *presented by Caiden Golder, Curtis Liu, and Hannah Chang*

Diabetes Education

“Visit this booth to learn what diabetes is, how it can affect your entire body, and why managing your blood sugar is vital for your overall health. We will provide key risk factors and symptoms to watch out for, discuss the impact of diabetes on different organs, and give practical tips on preventing or managing diabetes through exercise, balanced nutrition, and other lifestyle choices!” *presented by Abby Blanton and Diane Saab*

Diabetes Screening

“The purpose of the booth is to check blood glucose levels and screen/educate people about diabetes.” *presented by Amy Ho, Asad Khawaja, Mayowa Oturoko, and Salmaan Faghihi*

Fire Safety: It's Lit!

"The purpose of this booth is to provide basic education regarding fire safety measures. This entails practices to prevent accidental fires as well as appropriate responses to fires. The different types of fires and how to use an extinguisher will be covered." *presented by Adnan Lateef, Corbin Foster, and Smaran Garlapati*

First Aid: Ouch!

"No shark bite too big, no scrape too small! Stop by, craft a first aid kit, and get tips that'll have you ready for whatever treasure-filled adventure awaits!" *presented by Ayesha Kishwar, Eesha Sohail, and Isma Khokhar*

Free Clinics & Parkland Financial Aid

"The Parkland Financial Assistance (PFA) and Free Clinics booth provides information and resources about affordable healthcare in Dallas County. Please stop by to learn about the eligibility requirements and coverage provided by PFA and the types of care you can receive from the UT Southwestern free clinics." *presented by Fredy Lopez-Durante, Jae Choi, and Margaret Baldwin*

Gastrointestinal Education: Beach Bums, Happy Tummies!

"Our booth features information on good bowel habits, nutrition for GI health, and warning signs for GI problems. We will have an interactive activity where participants can compare different stool consistencies and guess which ones correspond to different nutrition." *presented by Asher Fanous and Hana Hendi*

General Cancer Screening: Spinning Into Action Against Cancer

"Swing by our booth and join the fight against cancer! Dive into cancer awareness, explore different types of cancers, and learn how early detection and local resources in DFW can make a difference. Think you're a trivia champ? Prove it! Spin the prize wheel, win cool stuff, and take home some life-saving knowledge! Don't miss out—it's going to be wheel-y great!" *presented by Mariam Dumitrascu and Monique Cortez*

Hand Washing: Germ-Squashing Hand Washing

"Simple yet effective, proper handwashing is one of the best ways to reduce the spread of disease, prevent illness, and protect our community's health! At the handwashing booth, join us for a quick info session about the importance of handwashing, practice proper technique for handwashing, and engage in fun activities such as using GloGerm to see the millions of germs on our hands and a live demonstration of how soap pushes germs away! Kids will get to take home their very own hand sanitizer and an understanding of handwashing as a necessary habit to stay safe and healthy!" *presented by Aditi Manjrekar and Varsha Danda*

Healthy Minds, Healthy Bodies: Feelings Wheel

“Learn more about the impact of stress on our lives and affordable mental health services in your community.” *presented by Fiona Gilpin-Macfoy*

Healthy Mouths: Fairy Tales for Healthy Teeth

“Are you brushing properly, or letting your teeth face the fright of cavities? The Tooth Fairy reminds us that brushing twice a day is essential for a sparkling smile! Come learn the magical secrets of proper brushing, flossing, and mouth rinsing to keep your teeth healthy and strong—so the Tooth Fairy can keep flying by to collect only your shiny, cavity-free teeth!” *presented by Ayush Desai and Suchir Misra*

Hearing Education: Ear-resistible Education, A Hear-o’s Journey Through the Ear

“Once upon a time, in the enchanted kingdom of Hearing, there lived a brave and determined Soundwave Prince. His mission? To journey across the Earland and deliver a message of harmony to the Princess of the Brain, who waited in her castle atop the Magical Spiral. Join us on this perilous journey as we learn about hearing, how it works, and the causes and prevention of hearing loss!” *presented by Chloe Atallah and Laasya Madana*

Heart Disease: Ms. Frizzle’s Journey Through the Heart

“Take a trip on the magic school bus with us to learn more about heart disease! Discuss what can cause heart disease, complications of it, and how to prevent it!” *presented by Michael Pitonak and Yukta Sunkara*

Immunization Education: We’re All Vaxxed Here!

“Our booth will be an engaging and informative space where students and parents can learn about the importance of vaccines and community well-being. We will break down complex concepts into age-appropriate and interactive modules to ensure a fun and educational experience for all community members. Topics to review: vaccine basics; herd immunity; myth-busting.” *presented by Zahria Griggs and Zoe Osei-Appiah*

LGBTQ+ Health: Take Pride in Who You Are

“Learn about LGBTQIA+ identities at this colorful, interactive booth. Explore resources for the LGBTQIA+ community, discover how to be a better ally, and win fun prizes. All are welcome!” *presented by Heath Yancey and Therese Ancheta*

Men's Health: Blue Skies, Strong Guys

"Men's health is often under-discussed, and men are more likely to delay or neglect care, leading to poor health outcomes. We hope to bridge this gap by raising awareness on common men's health concerns and ways to prevent them, from nutrition to exercise. We are here to empower you to take control of your health, both physically and mentally!" *presented by Kennedy Tham and Prashanth Gowda*

Mindfulness

"Join us to learn and practice mindfulness through fun and engaging activities. Mindfulness is about paying attention to what is happening in the here and now, the present moment. Practicing mindfulness helps to build confidence, to focus and remember information, and manage stress." *presented by Natalie Noebel and Sarah Taghavi*

Nutrition at Home: What's Cooking?

"Explore how to create balanced meals at home with Nutrition at Home and MyPlate! Our booth will highlight how to use MyPlate's simple guidelines to build healthy, well-rounded meals for you and your family. We'll share tips for portion control, making the most of each food group, and easy ways to incorporate nutritious choices into your everyday meals." *presented by Alejandra Ramirez and Ryane Swope*

Nutrition Drive-Thru

"Learn about nutrition outside the home at the nutrition drive-thru! Our booth will discuss making healthy eating options on-the-go, including planning for a busy schedule, easy on-the-go snacks, and making choices at restaurants." *presented by Emily Hoffer and Naureen Wajahat*

Omega 3s: Ariel's Ocean & Under the Sea of Omega 3s

"Come with us under the sea on a journey through Ariel's Ocean of Omega-3s & Fats! Inspired by The Little Mermaid, this booth will dive into the world of omega-3 fatty acids and other fats—key to supporting brain and heart health. Learn about the health benefits of different types of fats, from omega-3s in fatty fish and seaweed to plant-based sources like nuts and seeds. Discover how these ocean and land-based fats can nourish your body and help you maintain a balanced, vibrant lifestyle." *presented by Carolina Vives & Michelle Yeung*

Osteoporosis: Healthy Bones

“Come learn what osteoporosis is and how we can build strong bones as kids and keep them strong as we get older. We will also talk about what problems osteoporosis can cause and what we can do to fix those problems. We will have interactive models and games to show the importance of keeping your bones strong!” *presented by Jennifer Zhang and Mikayla Roof*

OTC Education: Navigating the Magic of OTC Medications

“Step into the Cloud of Care, where the sky’s the limit on your journey to understanding over-the-counter (OTC) medications! In this enchanting, interactive booth, you’ll discover how to safely navigate the world of OTC medications!” *presented by Chloe Grabenhorst and Taygan Henderson*

Personal Safety (Domestic Violence)

“Our booth will be providing information for children and parents alike regarding personal safety in and around the home. We will describe how to recognize and plan for different types of violence in the home as well as outline the various resources available for victims. Handouts and prizes will be provided for attendees!” *presented by Amor Niksic and Kendyl Turner*

Physical Fitness

“Staying active is key to a healthy life! Visit our booth to learn fun and easy ways to incorporate physical activity into your daily routine. Try out interactive fitness challenges, test your strength and balance, and get tips on building an exercise plan that works for you. Whether you’re a beginner or a fitness pro, we have something for everyone—because movement is medicine!” *presented by Emmanuel Ogu and Sanjna Bhatia*

Physical Therapy: Walk the Plank!

“The booth will discuss the various balance and walking tests that physical therapists use, involve students with fun and low risk balance activities, and teach the role of physical therapists in gait/balance training.” *presented by Niyah DeLisi and Tyler Bush*

Poison Control and Prevention

“Think that bottle of cleaner or the spider on your porch is harmless? Think again! At our Poison Control booth, we’re shedding light on common household items that can be surprisingly toxic, plus the animals and plants that might pose a hidden risk. We’ll also help you spot look-alikes—things that seem safe but could be dangerous. Stop by for tips on how to avoid poisonous items and what to do in an emergency. Come learn how to keep your home and family safe!” *presented by Priya Sarlashkar and Veena Peraka*

Pregnancy: Growing a Healthy Baby

“Do you know when a baby is able to listen to music or when they start to grow hair while in the womb? At the “Growing a Healthy Baby” booth, we will be highlighting key milestones during pregnancy with fun and interactive games. Additionally, for our community members seeking information related to healthy pregnancies, we will have reference materials and resources from trusted medical institutions.” *presented Mackenzie Martinez and Sarah Dolphin*

Prostate Health: PSA on PSA

“It’s time for a PSA about prostate health and PSA levels! Prostate cancer is among the most common cancers in men. Visit our booth to learn about prostate cancer symptoms, risk factors, and screening options.” *presented by Bailey Brooks, Cole Ferguson, and Kara Kushwaha*

Prosthetics and Orthotics

“Ever wonder where amputees go to get their prosthetic care? Or, ever seen people with knee braces or cranial helmets? In prosthetics/orthotics, we see a variety of patients to help people get back to walking and moving! Come over and see common devices we give to people and how we cast our patients.” *presented by Grace Dietz, Lyndsey Schultz, and Rainy Campbell*

Refugee Navigator Program

“We’ll be working with the Refugee Navigator Program (RNP) and Catholic Charities of Dallas (CCD) to bring refugees to United to Serve. We’ll help guide them through the fair to take advantage of the health screenings and education that are available.” *presented by Ethan Lumongsud and Kacie Shannon*

Reproductive Health: The Birds and the Bees

“Our booth aims to educate people about the menstrual cycle, reproductive health and dispel common myths about these topics.” *presented by Anastasia Kelley, Gauri Pargaonkar, and Jessica Komarovsky*

Scoliosis Screening

“Our booth will be performing scoliosis screening for those interested at the health fair. We will provide information about how to both prevent and manage spinal curvature at home, as well as resources to be in touch with medical professionals if interested.” *presented by Gillian Witten*

Sleep Hygiene: The Sleepy Tea Party & Dreaming in Wonderland

“Our sleep hygiene booth aims to educate both adults and children about the importance of healthy sleep habits. Participants can explore topics like the importance of sleep, understanding the sleep cycle, and practical tips for creating an ideal sleep environment. The booth features hands-on games for kids, educational resources for parents, and demonstrations of bedtime routines to promote better sleep for the family.” *presented by Nivedita Sriram and Shreya Battu*

Smoking Cessation: Super Lungs Adventure

“Our booth’s purpose is to increase awareness of how smoking impacts the human body and disseminate resources regarding smoking cessation.” *presented by Alex Arnett and Mena Masry*

Sports Physicals: Healthy Hoopin’

“A sports physical is a physical medical exam that makes sure it’s safe for someone to participate in sports. This is usually needed for students to participate in school sports and/or other athletic programs. At this booth, we will take a medical history and do a physical exam- including things like taking height and weight. A doctor will be present to perform parts of the visit such as listening to the heart, and sign off on the physical form. You will get a copy of the physical to keep. We will also educate kids about the importance and reasoning behind the sports physical!” *presented by Courtney Kopyay, Fariah Mahmood, Isa Faghihi, and Jaidah McCallon*

STIs: How to Protect Your Magic from Germs!

“Come learn about common sexually transmitted infections with age-appropriate demonstrations and resources for families! Spoiler: glitter AND slime are involved....” *presented by Meera Sooda and Suman Vadlamani*

Stroke Prevention: Heart to Head Connection

“Did you know that every 40 seconds someone in the United States has a stroke BUT 80% of strokes are preventable? Stop by the Stroke Prevention booth to learn more about what a stroke is, easy prevention strategies, and “FAST” ways to catch stroke signs. Have fun competing in some interesting challenges that boost your brain health!” *presented by Asal Moini and Ruta Uttarkar*

Suture Clinic: So Much Fun You’ll be in Stitches!

“Here is your chance to see what it’s like to be a surgeon! In our session, you will practice suturing (putting in stitches) on artificial skin using real surgical instruments.” *presented by Erin Talley, Fatima Roque, Jennie Hocking, Selamawit Bekele, and Tracy Rangel*

Thyroid Health: Small Gland, Big Impact!

“Discover the importance of a healthy thyroid at our interactive Thyroid Health Booth! Learn about common thyroid disorders such as hypothyroidism, hyperthyroidism, and the basics of the gland itself. Explore risk factors, symptoms, and prevention tips with engaging visuals and hands-on activities.” *presented by George Elmquist and Marlaine Frelier*

Vision Screening

“Our booth focuses on providing vision screenings for all ages and education about retinoblastoma, the most common eye cancer in children. Come by to get your vision checked and to learn more about keeping your eyes healthy!” *presented by Ahmed Abdi, Chelsi Klatt, Priya Mekala, and Sahej Bhatia*

Well Woman Exam: Through the Looking Glass of Women’s Health

“This booth focuses on empowering women with essential health knowledge, covering mental wellness, nutrition, reproductive health, and preventive care. Through interactive activities and helpful resources, participants will gain practical tips and tools to take charge of their well-being!” *presented by Ainsley Merritt and Sarah Cunningham*

Women, Infants, and Children Nutrition

“Growing families need good fuel but groceries can be expensive! Come get nutrition tips on healthy foods for mothers, babies, and children, as well as information about accessing financial support for grocery expenses through the WIC Special Supplemental Nutrition Program.” *presented by Amy Mu and Leah McAleer*