

Millis High School Health and Wellness Fair 2019

Health Fair Participants

1. Tangerini's
2. Concussions
3. IAM Strong
4. OUT Metrowest
5. Chair Massages
6. Personal Best Physical Therapy
7. Coping Skills Table
8. Exercise Table TB12
9. Nutrition/Local Healthy Business
10. Boston ECG project
11. Molly's Apothecary
12. Fire Safety/ER Nurse
13. American Lung Association
14. Wayside: Healthy Relationships
15. College Athletics
16. Dental Health
17. Cooking Demonstration
18. The Yoga Studio
19. Yana Acupuncture
20. Marathon Sports

Experiences/Presentations

1. Gravoxy Fitness

This fitness studio will be bringing mini trampolines to our gym for students to get some exercise and stress relief.

2. Personal Training

This experience will involve giving students helpful tips on good technique in the weight room.

3. Boxing

Introduction to the idea of using boxing to stay fit and relieve stress.

4. Martial Arts

An introduction to the use of martial arts for exercise, building character, and stress relief.

5. Self Defense 101

An introduction to the art of self defense and how to keep yourself safe.

6. Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

7. Distracted Driving

A national campaign to warn teen drivers about dangers of texting while driving and driving distracted.

8. Art for Stress Relief

The use of mindful art to help relieve stress.

9. Nutrition

Information on how to eat healthy to improve physical and mental health.

10. Therapy Dogs

Golden Opportunities for Independence will be bringing therapy dogs for students to pet and interact with.

11. Writing/Journaling for Stress Relief

Writing as a form of therapy. Whether you intend to write for the masses or for an audience of none, the act of writing as a means of processing thoughts and emotions is psychologically beneficial. We will explore methods and means to benefit our minds and bodies through writing.

12. Post Workout Tips

Presentation on the importance of hydration and after workout stretching to reduce athletic injuries.

13. Yoga

An ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Students will have the opportunity to experience beginner's yoga.

14. Ashley Olafsen

A presentation to 9th grade girls on self-esteem, confidence, and positive body image.

15. Navigating the Cyber World

How to safely navigate the internet and social media.

16. What are you puffing?

A presentation on the dangers of vaping.

17. Mental Health/Substance Use

A presentation from a former addict who discusses both the dangers of substance use and the far reaching effects it can have on a person's life.

18. Stop the Bleed

A national awareness campaign that helps to empower the public and encourage bystanders to learn more about how to handle a traumatic event.

19. Boston ECG Project

Boston ECG Project's mission is to provide both education and access to every adolescent and young adult in the United States to a comprehensive and affordable ECG screening. Students will receive valuable health information through this presentation.

20. Exercise and Nutrition

A presentation on the health benefits of eating well and exercising.

21. Cancer detection 15-40 Connection

Empower yourself by learning about early detection.

22. College Safety

A presentation for 12th grade girls on consent and tips on how to keep yourself safe at college.

23. Healthy Relationships

Learn about the warning signs of dating violence and what healthy relationships are made of.

24. Reiki

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

25. Healthy Sleep

Learn about what healthy sleep is and how to get more of it.

26. Improbable Players

We will be providing the students an opportunity to have an open discussion about the topic of Substance Use Disorder with real people who have been there. Not just another lecture, we are there to help erase the stigma by highlighting the misconceptions and consequences of substance misuse. Students will view dramatic skits on the topic of substance abuse during this presentation.

27. Mental Health and Resilience Presentation

Students will hear from Joey, a young adult who has productively coped with mental health issues. Joey grew up in a loving family and always did very well in school, even though he was hiding his fears and truths from those around him. Today, he is much stronger emotionally and is managing his mental health. He wants everyone to know that there's always hope, and with perseverance and understanding, things can get better.