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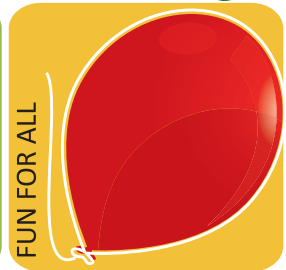
International Nutrition



A SAFE COMMUNITIES EVENT



*Fun for all Ages!
Something for Everyone!*



Community Safety & Wellness Festival

Sunday, October 9, 2011

11:00 a.m. - 4:00 p.m.

Embassy Suites/LaVista Conference Center

12520 Westport Parkway (By Cabela's)

Presented by National Safety Council, Greater Omaha Chapter

Stage Schedule

Many shows and exhibits are interactive,
so come dressed for physical activity and participate!

Mike Mennard Children's Concert (Mascots Dancing).....	11:00-11:30
The Amazing Arthur	11:30-12:00
Dr. Laura Jana, National Child Injury Prevention & Child Passenger Safety Expert	12:00 -12:30
Season 3 Biggest Losers: "Overcoming Life's Obstacles One Pound at a Time"	12:30-1:00
Ronald McDonald Magic Show.....	1:00-1:30
Women's Self Defense Clinic Shuurin Dojo, LLC Claudia Brown-Jackman	1:30-2:00
Try a Little Tai Chi National Safety Council-Chris Cady-Jones	2:00-2:30
Zumba Demonstration/Class Urban Active Fitness.....	2:30-3:00
The Incredible Jered	3:00- 3:30
50/50 Raffle Drawing.....	Directly following Jered!
From the Big Screen - Disney's Pumbaa & Timon "Healthy and Fit"	3:30-3:45
Bill Nye the Science Guy® "Germs & Your Health"	3:45-4:00

Stage schedule subject to change.

Visit the mascots! Look for Pinky the Poison Control Elephant, Crash Test Dummies - Vince and Larry, Johnny Justice, Sparky the Dalmation, Pluggy the Hydrant, Ronald McDonald, McGruff the Crime Fighting Dog, Lost Kitty from Project JASON, Sniffasaurus and others!

Visit the animals! Rocky Mountain Great Dane Rescue, Nebraska Humane Society, Nebraska Border Collie Rescue, Mid American Boston Terrier Rescue

Visit Booth 88, LaVista McDonald's for free cookies and orange drink!

Hands-On Safety Fun! All Day! - 11:00-4:00

- FREE CPR, be prepared for an emergency! - Booth 100
- Be entertained by Tangier Shriner Clowns! - East Parking Lot
- Discounted Flu Shots and Mist! - Booth 101
- Free Bounce House Bouncing! - Booths 9 and 32
- Free Books! - Booth 13
- K-9 Patrol! - East Parking Lot
- Color your Own T-Shirts! - Booth 69
- OPPD Respect Trailer, learn the importance of electrical safety! - East Parking Lot
- FireGuard Fire Extinguisher Training, put out a simulated fire! - Booth 106
- Stop, Drop and Roll, know what to do if your clothes catch fire! - Booth 42
- Know Two Ways Out, make escape routes for your home! - Booth 72
- Haunted Hazard House, can you find what careless ghosts left? - Booth 61
- Safety Quiz Wheel with Prizes, answer safety questions, win big! - Booth 115
- Bike Rodeo, know the rules of the road! - East Parking Lot
- Distracted Driving Simulator, are you really a good driver?! - Booth 6
- Dialing 911, know how to communicate your needs! - Booth 5
- Health Evaluations
 - Blood Pressure Checks - Booth 67
 - Body Mass Index/ Percent of Body Fat Check - Booth 28
 - Brown Bag Medication Review - Booth 103

Don't Miss!

These activities are located outside on the east side of the building, enter from the south and follow the signs!

- Document Shredding 11:00-4:00. Protect your identity, don't leave a paper trail! Up to 70#, no plastic and no cardboard, no metal larger than staples/paperclips.

Fun Freebies!

Visit The Balloon Brigade at Booth 2!

Balloon Art - 11:00-1:00 • Face Painting 12:00-2:00 • Airbrush Tattoos 2:00-4:00
Stilt Walker 11:00-1:00

Outdoor Fun!

**Police, Fire and Rescue Vehicles • Bike Rodeo • Shriner Clowns
Seat Belt Convincer • Omaha and Offutt AFB Fire Education Trailers
Free Hot Dogs, Chips and Drink (while supplies last)**