



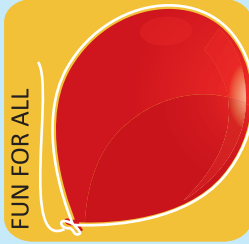
Greater Omaha Chapter  
a not for profit 501(c)(3) organization



SAFETY



WELLNESS



FUN FOR ALL

# Community Safety & Wellness Festival

## Sunday, October 9, 2011

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

Embassy Suites/LaVista Conference Center  
Presented by National Safety Council, Greater Omaha Chapter

**Free Food! Prize Giveaways! Face Painting! Balloon Artists!  
Shriner Clowns! Temporary Tattoos! Interactive Exhibits!**



## SPONSORS



Immanuel Hospital

International Nutrition

## 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.	

## Hands-On Safety Fun!

### All Day! - 11:00-4:00

- Easy CPR, be prepared for an emergency!
- OPPD Respect Trailer, learn the importance of electrical safety!
- FireGuard Fire Extinguisher Training, put out a simulated fire!
- Stop, Drop and Roll, know what to do if your clothes catch fire!
- Know Two Ways Out, make escape routes for your home!
- Haunted Hazard House, can you find what careless ghosts left?
- Safety Quiz Wheel with Prizes, answer safety questions, win big!
- Bike Rodeo, know the rules of the road!
- Distracted Driving Simulator, are you really a good driver?!
- Dialing 911, know how to communicate your needs!
- Personal Emergency Plans
- Health Evaluations
  - Blood Pressure Checks
  - Body Mass Index/ Percent of Body Fat Check
  - Brown Bag Medication Review

