



ALAMOGORDO

Free Screening  
8:30-2:00 PM



NMSU-A Allied Health  
Faculty & Students

Cholesterol Testing



BlueCross  
BlueShield of  
New Mexico

Vision Screening



Dr. Roberto Molina  
Intuition Optical

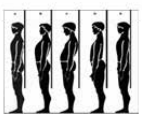
Wellness Screening

SNMDO Wellness

Dental Screening

Dona Ana  
Community College  
Dental Program

Spinal Screening



Get To Know Blue Bear



# NMSU-A HEALTH & WELLNESS FAIR

February 22, 2020 8:00 am - 5:00 pm

Tays Center

Free & Open to Everyone



BlueCross BlueShield  
of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association

Sponsored by NMSU Alamogordo & Blue Cross Blue Shield of N. M.  
Co-Sponsored by AR KHII, Rock 97.9 & Your Country KZZX 105.3



Dear Friends,

Welcome to the 2020 New Mexico State University Alamogordo Health and Wellness Fair. This exciting annual event is now in its 5<sup>th</sup> year and continues to provide the community and surrounding areas with valuable information on the most important aspect of life, your health. I believe the Tays Center at NMSU-A is the perfect venue in which to celebrate and learn about a healthy lifestyle.

I want to thank the Health and Wellness Committee and its leader, Dr. Ernestine Baca, for organizing another outstanding event. Thank you to all of you who are providing clinics, activities, and programs at this year's "Fair." I also want to offer a special thank you to the major sponsors, Blue Cross Blue Shield of New Mexico and co-sponsors, radio stations Rock 97.9 & 97.5 FM, KHII 88.9 & 100.5 FM, and Country KZZX 105.3 for their support.

The enthusiasm for the NMSU-A Health and Wellness Fair has grown substantially over the last several years as evidenced by the approximately 50 vendors or specialists who are participating today. It is amazing how quickly the "Fair" has grown and improved from year to year. I believe you will find this year to be the largest, best attended, and most meaningful of all.

NMSU-A is your local community college and is here to provide our citizens the opportunity to attend college. If you are interested in beginning your college career or even going back to school, please let us know. Make yourself at home while on the campus today, and let us know if you need anything. Here's to your health, Ken.

Dr. Ken Van Winkle, President  
New Mexico State University Alamogordo

## HEALTH FAIR AGENDA

- 8:00-8:15 am** Welcome /Program Information  
NMSU-A President: Dr. Ken Van Winkle
- 8:30-9:00 am** Morning Walk/Run (NMSU-A Trail)
- 9:00-9:45 am** HEALTH FAIR ACTIVITIES IN TAYS GYM  
RM 117 Mixxedfit (Exercise Workout)  
RM 104 Cancer Types, Treatments, Symptoms (Lecture Topic)  
RM 105 Nutrition Fads (Lecture Topic)  
Gym Stage: Show Time Dancers & Cheers (Performance)
- 10:00-10:45 am** HEALTH FAIR ACTIVITIES IN TAYS GYM  
RM 117 Zumba (Exercise Workout)  
RM 104 Bone Diseases, Treatments & Types (Lecture Topic)  
RM 105 Nutrition Fad (Lecture Topic)  
Gym Stage: Cross Training Exercises
- 11:00-11:45 am** HEALTH FAIR ACTIVITIES IN TAYS GYM  
RM 117 Qi Gong (Exercise Workout)  
RM 104 Allergy Types, Treatment, Triggers (Lecture Topic)  
RM 105 Nutrition (Lecture Topic)  
Gym Stage: Cross Training Exercises
- 8:30-2:00 pm** HEALTH FAIR EXHIBITORS IN TAYS GYM
- 2:00-3:30 pm** Obstacle Sprint Challenge (NMSU-A Trail)
- 4:00-5:00 pm** VB Games (Coed)

LIVE HEALTHY  
LIVE HAPPY  
LIVE LONGER

Dress Comfortably  
for a workout!

CHECK OUT  
CLASSROOM  
LECTURES

## HEALTH ISSUES

Types/Treatments/Symptoms

Cancer  
Bone Diseases  
Allergies

Nutrition

Nutrition, Diet Fads etc.

NMSU-A  
Volleyball Games

Registration Info: nmsua.edu  
Deadline Date: February 11  
Call Dr. Baca: (575) 439-3857  
Email: ernebaca@nmsu.edu



NMSU-A  
Obstacle Sprint Challenge

Registration Info: nmsua.edu  
Deadline Due: Before or on Feb. 22 1:00 pm  
Call Dr. Baca: (575) 439-3857  
Email: ernebaca@nmsu.edu





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February 22, 2020 8:00 am – 5:00 pm

Tays Center



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### ALAMOGORDO

#### Participant Interaction



Felicia Esparza  
9:00 – 11:45 am



Andrea Bigas  
10:00 – 10:45 am



#### Cross/Core Training Exercise

Dr. Ernestine Baca  
10:00-2:00 pm  
Gym Stage



#### Qi Gong

Dr. John Ely  
12:00 – 1:00 pm  
South Patio



#### Weight Training

Dr. Ernestine Baca  
8:30 am – 2:00 pm  
Tays Lobby

#### Licensed Dietitian

Dr. Christine Trapp  
8:30 – 2:00 pm  
Tays Gym

LIVE HEALTHY  
LIVE HAPPY  
LIVE LONGER

### ACTIVITY & DISPLAY LOCATION

NMSU Alamogordo 2400 N. Scenic



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#### Speakers

**Exercise Workout**  
Mixedfit  
9-9:45 am  
11-11:45 am  
RM 117

Zumba  
10-10:45 am  
Andrea Bigas  
RM 117

**Qi Gong**  
Dr. John Ely  
12:00-1:00 pm  
South Patio

**Health Issues**  
Denise Race  
9-9:45 am Allergies  
10-10:45 am Bones  
11-11:45 am Cancer  
RM 104

**Nutrition**  
Kelly Knight  
9-9:45 am  
10-10:45 am  
11-11:45 am  
RM 105



Dr. Nichols  
Doctor of  
Oriental Medicine



#### Sponsors

- NMSU Alamogordo
- Blue Cross/Blue Shield of NM
- Co-Sponsors
- ARKHill 88.9 & 100.5 FM
- Rock 97-9 (97.5 FM Alamogordo)
- Your Country KZZX 105.3

#### Door Prizes

- Alamo Chiropractic
- Believe It Nutrition
- Big 5 Sporting Goods
- Eat Well Otero
- NMSU College of Agricultural
- Hibbett Sports
- Life Hydration
- NMCDHH

Prize Drawing

