The Oriol Foundation HEALTH & WELLNESS EXPO 2025

# DISCOVER CONNECT

YOUR COMMUNITY RESOURCE FOR HEALTHIER LIVING

The Oriol Foundation **Health & Wellness Expo 2025** 

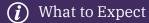


Tuesday September 23, 2025 10:00 - 2:00 PM



Location

**Holden Senior Center** 1130 Main Street, Holden, MA



Connect with trusted providers, wellness experts, and local organizations offering resources to support independence, caregiving, and healthier living throughout the Wachusett Region

Enjoy a day of learning, connection, and inspiration in a welcoming, supportive setting.



(?) Questions?

Contact: foundation@oriolhealthcare.com 508-829-1213

ALL ARE WELCOME Bring a friend. Accessible venue.

\*FREE TOTE BAGS! (while supplies last)



Featured Speakers



**REV. JOELLE JOHNS, BCC,** MDIV, PT-CSP, GC-C FIRST CONGREGATIONAL CHURCH OF PRINCETON

"Navigating Hard Conversations & Tough Choices"

Approaching life's most meaningful and difficult decisions with confidence and care.



**(**) 10:00 – 10:55 AM



DR. DONNA BARTLETT, PHARMD, BCGP WELLhood

"MedStrong: Practical Steps Toward Healthier Living"

Learn safe medication practices and strategies for healthier living.



11:10 - 12:05 PM



**PAMELA REIDY DIR. OF COMMUNITY ED.** MILES FUNERAL HOME

"Preserving Your Legacy: Writing for Healing and Remembrance"

Explore the power of writing for healing, remembrance, and preserving your legacy.



12:20 - 1:15PM



**JULIE MCMURRAY. MA.** LMHC, CDP ALZHEIMER'S ASSOCIATION, MA/NH

"The Impact of Alzheimer's in Our Community"

Understanding Alzheimer's disease, available resources, and strengthening community support.



1:30 - 2:00 PM

# The Oriol Foundation **Health & Wellness Expo 2025**



on Exhibitors & Community Resources

Exhibitors include local health care providers, community programs, and wellness experts offering valuable services, guidance, and support for healthier living:

- A Better Path to Wellness LLC
- Alzheimer's Association, MA/NH
- Amarath Diabetes Fund
- Anna Maria College
- Apple Home Care
- Arca Health | Adult Day Health
- Careforth
- Heart to Home Meals
- Holden Rehabilitation & Skilled Nursing
- Jewish Health Care Hospice
- MCPHS Pharmacy Outreach
- Miles Funeral Homes
- Notre Dame Health Care
- Oakdale Rehabilitation & Skilled Nursing
- Oriol Health Care
- Oriol Financial Services
- Oriol Home Health
- Oriol Therapy Services
- Right Sized Living
- Senior Connection
- Summit ElderCare PACE
- Wachusett Area Chamber of Commerce
- WELLhood Publishing
- Worcester Institute for Senior Ed.
- YMCA Central MA
- and more....



# About the Expo

The Oriol Foundation Health & Wellness Expo 2025 celebrates our community's commitment to healthier living. This annual event brings together speakers, exhibitors, and neighbors to share education, guidance, and resources. From practical health tips to emotional support and community connections, the Expo is your chance to discover new ways to thrive at home and in the community.

### About the Oriol Foundation

The Oriol Foundation, a 501(c)(3) nonprofit, is proud to sponsor this Expo. We are dedicated to enriching lives across the Wachusett Region. Our work includes, but is not limited to:

- Awarding scholarships for healthcare students
- Hosting caregiver and grief peer support groups
- Promoting wellness initiatives such as the Accessibility Grant for Neurological Inclusion
- Connecting our community through education and events like the Annual Health & Wellness Expo and other outreach programs

### Get Involved with the Oriol Foundation

At the Oriol Foundation, we enrich lives by promoting wellness, supporting caregivers, and advancing health through education and awareness. You can help by:

- Volunteering your time and talents
- Recommending a speaker or resources
- Partnering on community events
- Supporting programs through fundraising or sponsorship

**Contact Us:** info@oriolfoundation.org | ☎ 508-829-1213

## Upcoming Fundraiser

Papa Gino's Pizza Fundraiser - Thursday, October 2, 2025 Dine at the Holden location between 11:00 AM - 8:00 PM and 20% of qualifying sales will benefit The Oriol Foundation.

Together, we can build a healthier, more connected community through compassion, education, and care.