The Oriol Foundation

HEALTH & WELLNESS EXPO

2025

DISCOVER, CONNECT, THRIVE

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

What to Expect

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
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
- Amaranth Diabetes Fund
- Anna Maria College
- Apple Home Care
- Arca Health | Adult Day Health
- Benchmark at Tatnuck Park
- Careforth
- Generations on the Move
- Heart to Home Meals
- Holden Hearing Aid Center
- Holden Rehabilitation & Skilled Nursing Center
- IA Financial Advisors
- Jewish Health Care Hospice
- MCPHS Pharmacy Outreach
- Miles Funeral Homes
- Notre Dame Health Care
- Oakdale Rehabilitation & Skilled Nursing Center
- Oriol Financial Services
- Oriol Health Care
- 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 Education (WISE)
- YMCA – Central MA

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.