



Children of Persia



INOVA[®]
HEALTHSOURCE

2011 Spring to Health

Children of Persia's first ever health fair event, **Spring to Health**, proved a success earlier this month, as 350 people joined Children of Persia (COP), and our partner Inova Healthsource, in McLean, Virginia on May 7, 2011. Inova Healthsource is a program of the Inova Health System, a leading non-profit healthcare provider in Northern Virginia that serves more than 1 million people each year. The Healthsource program is a community outreach program that focuses on health education by offering health and wellness classes and programs throughout the Northern Virginia and Washington D.C. metro area.

Building off of Healthsource's health education programs, COP used the **Spring to Health** event as an opportunity to focus on health and wellness topics specifically within the Iranian American community in the Washington DC Metropolitan area. The event attracted a great variety of health services professionals who donated their time and services to make the event a very beneficial one for the community. The many participants took part in free screenings, health, safety education and wellness information, class demonstrations and other services provided throughout the day.

Inova Healthsource provided cholesterol, glucose, blood pressure and vision screening, stress and stroke risk assessment, women's health, and food and nutrition information. Fairfax County Health Department provided information on Women, Infants & Children program for mothers and children at nutritional risk, as well as environmental health including, West Nile virus surveillance program, mosquitoes and tick-borne disease information such as Lyme disease. Fairfax County Family Services shared resource information about its public health services programs. Dr. Behdad Aryavand, a surgeon with Cardiac Vascular & Thoracic Surgery Associates, conducted vascular screenings, Dr. Bruce Taheri provided dental health information, and Dr. Soheila Rostami conducted glaucoma and pediatric vision screenings. Dr. Motesharei provided consultation and advice on women's health topics, Dr. Massi Abedi discussed primary care & prevention with participants, Dr. Jadidi provided pediatric vaccination information, and Dr. Afkhami provided information on behavioral science. Orthopedic and spine care information was provided by Dr. Paymaun Lotfi, and Dr. Hamid Taheri of Virginia Cardiovascular Associates shared information about prevention, detection, and treatment of cardiovascular disease. Informational booths included Mental Health and Eating Disorders by Dominion Hospital, Autism Speaks, Family Counseling by Dr. Dadvar-Kline, back health, pediatrics vaccination information, Disability Rights, Humana insurance programs, healthy Persian cookbooks by Mrs. Batmangelij, and bike safety. Classes were offered in Art Therapy by Maryam Nasr, Yoga by Yekta Zarrinkafsh and Massage Therapy by Shouka Darvishi. Participants were provided with a resource booklet that included local and national health care and wellness program information for future use.

The **Spring to Health**, free and open to all, was another successful community program by Children of Persia, was made possible by the tremendous support of service providers and the many volunteers who gave freely of their time.

Children of Persia expresses its deep gratitude to everyone who supported our mission by helping in this event through their financial contribution, in-kind donation, service assistance, volunteering their time and participating in this event. Without their support and dedication, the event would not have been the success it was.

For event pictures [click here](#)

For more information go to www.childrenofpersia.org or contact us at info@childrenofpersia.org