



Health and Wellness Fest

Saturday, October 22, 2022

11am - 4pm



Schedule and Info

- 11am** **The Health and Wellness Fest opens its doors!**
Please visit our many wonderful vendor tables, listen to great music and grab some food at the food trucks and vendors* that are joining us today!
- 11:30am** **Early activity for the little ones!**
- Laughter is the Best Medicine: Storytime with Rachel Izes - Field 4
 - Pre-K Obstacle Course (for 2-4 year olds) with Elev8 Athletics - Field 3
 - Speed & Agility Course (for 6-8 year olds) with Elev8 Athletics - Field 3
- 12pm** **Workshop/Activity Block:**
- Fostering Wellness: Starting with Your Brain with Donna Volpitta, Ed.D.
 - Community Opioid Overdose Prevention Training (Narcan Training) with Patrick Quinn
 - Stop the Bleed with George W. Contreras from SUNY Westchester
 - How the 12 Steps Came to Be & How Anyone May Use Them with Sally A. Corbett-Turco
 - Yoga & Meditation for Self Care with Carolyn Marengi (for teens) - Field 4
 - Soccer Skills & Drills (for 3-5 year olds) with Elev8 Athletics - Field 3
 - Football Target Practice (for 9-12 year olds) with Elev8 Athletics - Field 3
- 12:30pm** **Workshop/Activity Block:**
- Recovering The Way™ Qigong with Daniel Weicher
 - Pre-K Obstacle Course (for 2-4 year olds) with Elev8 Athletics - Field 3
 - Speed & Agility Course (for 6-8 year olds) with Elev8 Athletics - Field 3
- 1pm** **Workshop/Activity Block:**
- Community Opioid Overdose Prevention Training (Narcan Training) w/ Patrick Quinn
 - Milkology: Breastmilk 101 with Linda Harellick and Roseanne Motti from The New York Milk Bank
 - Breathe Easy: Smoking/Vaping Cessation with Norma MT Braun, MD
 - Optimal Wellness Workshop with Carolyn Marengi (for teens) - Field 4
 - Storytime with Linda Surovich of Mount Kisco Public Library - Field 4
 - Tai Chi with Sharron Cohen - Field 4
 - Soccer Skills & Drills (for 3-5 year olds) with Elev8 Athletics - Field 3
 - Football Target Practice (for 9-12 year olds) with Elev8 Athletics - Field 3

1:30pm

Workshop/Activity Block:

- Pre-K Obstacle Course (for 2-4 year olds) with Elev8 Athletics - Field 3
- Speed & Agility Course (for 6-8 year olds) with Elev8 Athletics - Field 3

2pm

Workshop/Activity Block:

- Bedford 2030 Energy Coach with Bob Fischman
- Stop the Bleed with George W. Contreras from SUNY Westchester
- Healthy Harvest Treats (No tricks!) with Catherine McCarthy
- Chair Yoga with Gail Greenstein - Field 4
- Zumba with Bea Jasienowski from Saw Mill Club - Field 3
- Soccer Skills & Drills (for 3-5 year olds) with Elev8 Athletics - Field 3
- Football Target Practice (for 9-12 year olds) with Elev8 Athletics - Field 3

2:30pm

Workshop/Activity Block:

- Pre-K Obstacle Course (for 2-4 year olds) with Elev8 Athletics - Field 3
- Speed & Agility Course (for 6-8 year olds) with Elev8 Athletics - Field 3

3pm

Workshop/Activity Block:

- Writing for Discovery : a pop-up workshop with Phyllis Ross and Michael Minard
- Strategies for Asthma with Norma MT Braun, MD
- Soccer Skills & Drills (for 3-5 year olds) with Elev8 Athletics - Field 3
- Football Target Practice (for 9-12 year olds) with Elev8 Athletics - Field 3

Other fun activities happening all day!

- Crafts for kids at the Mt. Kisco Library table from 11am - 4pm and at the Bedford Hills Free Library table from 11am-1pm
- "Emotional Tool Box activity" at the Boys and Girls Club table from 11am-4pm for kids in K-6th grade
- Balloon animals from 12pm-3pm on the field!

And entertainment provided by Puppets for Hire and Cavemen!

*Participating Food Trucks + Vendors: Bazodee (Caribbean cuisine), Poke Motion and Wrappers Delight. And on the field, Lorena's Juice and Snack Bar

And a big thank you to our sponsors!



Diamond Sponsor: Drug Abuse Prevention Council
Platinum Sponsor: Northern Westchester Hospital - Northwell Health
Silver Sponsors: Elev8 Athletics, Lexington Center for Recovery, Lorena's Juice & Snack Bar, Pound Ridge Library, and Stepping Stones Foundation

HEALTH + WELLNESS FEST



Saturday, October 22
11am - 4pm

Fox Lane High School

632 S Bedford Rd, Bedford, NY 10506

Event will be held outdoors (in the gym if it rains)



JOIN US for a fun day of:

- Health and wellness education
- Workshops for youth and adults
- Food trucks and live music
- **FREE** health screenings and giveaways

For more information or to sign up for workshops, please scan the QR code or visit:



 www.bedfordny.gov

Sponsored by

**Town of Bedford, Drug Abuse Prevention Council,
Northern Westchester Hospital - Northwell Health,**

Stepping Stones Foundation, Elev8 Athletics, Lorena's Juice &
Snack Bar, Lexington Center for Recovery, & Pound Ridge Library



