

News Release

First Dobbs Ferry High School Wellness Fair Helps Students Make Healthy Lifestyle Choices

Dobbs Ferry, N.Y. May 23, 2016-- The Dobbs Ferry School District Wellness Committee will host its first **High School Wellness Fair on Thursday, May 26th in The Commons**. The goal of the fair is to showcase activities that can provide students with the tools and skills for living a healthy lifestyle through exposure to multiple school and community resources.

The fair will be held during the students' lunch periods from 12:15 to 1:45. Students in grades 9-11 will be able to explore the various health and wellness resources at tables set up throughout the cafeteria, independently assessing their own needs and interests. During the remainder of the afternoon, there will be various breakout sessions in assigned classrooms focusing on alternative ways to stay healthy and lessen stress. The sessions are meant to be both informational and fun.

According to Andrew Klaich, Dobbs Ferry School District's Director of PE, Health and Athletics, students will be signing up for the breakout sessions during Physical Education class prior to the event. Please click below to view the list of breakout sessions being offered. Additional information about each breakout session is also available on the [Dobbs Ferry School District Website's Athletics page](#).

Wellness Fair Breakout Sessions:

- **Fit To Be Young** with Curtis Brown of Brown Built Training
- **Fitness Challenge** with Meg Fukami, NSCA Certified personal trainer.
- **Yoga 101** with Patricia Fisher of Riverstone Yoga
- **Intro to Martial Arts** with Sensei Allison Werner-Lin and Sensei Rohtas Wadera of Ryu Renshi-Dan Karate
- **Make Your Dreams Come True** with Brooke Nalle of Sleepy on Hudson.
- **Teen Crossfit Workout** with Cesar of Bravo Crossfit
- **LGBTQ 101** with Santo Barbagiovanni
- **Singing Bowl Meditation** with Ms.Serena Buschi
- **Green Smoothies for Health & Beauty** with Karen Mayo, Wellness Coach
- **Drum Therapy** with Ed Bettinelli, the Art of Drumming
- **Sugar: The Bittersweet Truth** with Julie Fischer Integrative Nutrition Health Coach
- **Mindfulness Meditation** with Julie Lowy, MS
- **Stress -- Who Needs it?** with Mary Dino, LSW
- **Healthy Active Teens** with Jeanne Maglione, Director of Wellness & Health for Mrs. Green's
- **Hip Hop: Swag and Pop/Lock** with Erika of Pilates and More Studio
- **Intro to Pilates Mat** with Sarah of Pilates and More Studio

“Approximately 338 students will be participating in these wellness activities,” said Mr. Klaich. “This is going to be a wonderful day for faculty and community presenters to educate, model and support aspects of healthy living to our students.”

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For more information, please contact:

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