



## **St. Lawrence County Public Health Department**

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### **Press Release**

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FOR IMMEDIATE RELEASE

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### **The Bridge to Wellness Coalition and St. Lawrence County Public Health Department Hosting May the 4th Wellness Event**

**Canton, NY** — The Bridge to Wellness Coalition and St. Lawrence County Public Health Department are teaming up to present the "May the 4th Wellness Quest: Boost Your Mind and Body" event. Jena Sloan, Public Health Specialist at the St. Lawrence County Public Health Department, enthusiastically announces this event to commemorate the annual Bridge to Wellness Awareness Day. Scheduled for Saturday, May 4th, the event offers a vibrant mix of entertainment and educational activities suitable for all ages. "We will have games, activities, demonstrations, and just plain fun while improving everyone's mental, physical, and nutritional health."

"This day will look a little different than your typical health fair," according to Sloan. "There will be resources that will be helpful to everyone who comes, whether for a few minutes or the entire three hours. There will be a Star Wars spin on this event so look for that theme throughout the day. The Child Advocacy Center of NNY will offer a Bike Rodeo with bike safety tips and helmet fittings. There will be some bikes available to ride but children are encouraged to bring their bikes. The first 200 kids will receive a FREE bike helmet."

The Bridge to Wellness Coalition, in collaboration with its partners, extends a warm invitation to individuals and families alike to join in the festivities. Whether seeking a brief escape or planning to spend three hours immersed in activities, there will be something for everyone.

The event will be held at Madrid-Waddington School from 11 am to 2 pm, offering outdoor activities alongside indoor alternatives in case of inclement weather. There is no charge for admission.

With over fifty participating organizations, including public health, higher education institutions, hospitals, health centers, and community-based organizations, the Bridge to Wellness Coalition aims to empower the community with the knowledge and resources necessary for a healthier life.

Join us for a day of fun, learning, and wellness on May 4th! For more information, visit: <https://fb.me/e/1UjdvNC14>

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