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Shoreham-Wading River has an Eye on Wellness

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Wellness seems to be on the minds of so many as we turn this corner into Spring. On the night of April 6, 2011 in the Shoreham-Wading River High School Gymnasium, **Debbie Lutjen** and **Allison DeMarco** held a **Wellness Fair** for the community from the hours of 5-9 p.m.

Admission was free and all were welcomed into the SWR Gymnasium that displayed tables lining the perimeter of the gym. Companies and organizations had banners and paraphernalia that marked their mottos and logos, with samples, brochures, giveaways, and accessories that made their points and supported their dedication to make you well in body, mind and spirit.

Tara Constant and Linda Jutting were there representing SWRTA, the **Shoreham-Wading River Teacher's Association**. Their campaign was to get registrants to sign up to see a movie about the pressures of high school - **Race to Nowhere**. **Race to Nowhere** is a call to mobilize families, educators, and policy makers to challenge current assumptions on how to best prepare the youth of America become healthy, bright, contributing and leading citizens. The film will be shown at SWR High School Auditorium on April 11 at 7:00 p.m. Admission is free. There will be a panel discussion afterwards from members of the school system: **Dan Holtzman, Cheryl Bittner, Pete D'elena, Dr. Harriet Copell and Principal Steven Donohue**. You may show up that night at the door or register on before on Racetonowhere.com

The Pampered Chef table had people standing in line even before the Wellness Fair began. Donna Lovasco was there, representing the company with samples and information for those interested in buying products or looking for a job. If you want to chase down a product or some information, she can be reached at 849-2888.

Dorothy Petito, Lauren Weisman and Cathy Tilley were there, registered dietitians, representing the Long Island Dietetic Association. There was much material and helpful information from them, but the one thing that was so memorable to me was the sight of 5 pounds of muscle and 5 pounds of fat. Just 5 pounds of fat occupied so much mass in space and it was so formless. The look of it was so dense and despicable that I wondered how the body could contain any amount of it at all. (Those of you who have seen Dr. Oz know what I mean) With that vision in my head, I'm returning to the gym tomorrow. Long Island Dietetic Association claims that "We are the nutrition experts", so please visit us on FatRightLT.org

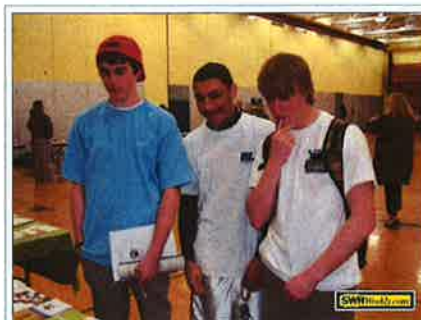
Next to the visual teaching method of how much sugar is contained in common drinks are children, **Jackson and Lillia M.**

Ellen from **The Cornell University Cooperative Extension of Suffolk County** was there with information from MyPyramid which features additional changes recommended for Americans: to increase exercise, lower the consumption of sodium, lower the consumption of fat and to lower the consumption of sugar. The Cornell Extension is also involved with agencies participating in low income and food stamp programs.

Deborah Keller, L.M.T., Licensed Massage Therapist was there was there teaching about the benefits of Massage: European, Amma, Medical and Pre-Natal Massage. Did you know that Massage can actually relieve muscle spasm, enhance your immune system, promote healing, calm anxiety and soothe your aching joints? You can reach Linda by phone (878-0242) or see her in action at the North Shore United Methodist Church at 11:30 every Sunday.

Danielle shared a table with **Deborah** representing **Melaleuca Wellness Company**. They sell all types of products. To put it simply, they'll have anything you can find in your bathroom, your medicine cabinet plus beauty products. For more information on these products, see Melaleuca.com

The **Wellness Fair** was not only informative, but fun. A lot of people took advantage of the information and recommendations, but there is always room to help more people - namely 'You'.



Kyle Spillane (L), James Higgins & David Cantor (R)



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