

**Municipality of Bethel Park  
5100 West Library Ave.  
Bethel Park, PA 15102**

**NEWS RELEASE**

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**FOR IMMEDIATE RELEASE**

***Take Charge of Your Health!***

**Attend the Bethel Park Wellness Summit Feb. 23-28**

*Bethel Park, PA* – The Bethel Park Wellness Summit will be held Sunday, Feb. 23 – Friday, Feb. 28 at the Bethel Park Community Center, 5151 Park Ave., in Bethel Park from 6-9 p.m. each day. This first-time event, free and open to the public, will be focused on helping guests achieve optimal wellness through a variety of outstanding keynote speakers, numerous resources, health assessments, samples, and free services.

The Summit is part of the Bethel Park “Live Well” Initiative and coincides with Bethel Park Recreation’s “Try-It” Week (*Feb. 23 – 29*) where over 50 classes will be available to try for free.

According to Summit Organizer Dr. Janet O’Rourke, assistant to the superintendent for human resources assessment and evaluation, the event will focus on five key areas: Nutrition, Stress Reduction, Physical Health, Mental Health, and Drug Identification.

“Each evening, we’ll have a different theme featuring a keynote speaker at 7 p.m. addressing that topic,” said Dr. O’Rourke. “We’ll also have a number of resource tables with vendors offering various services and information related to the evening’s theme.”

A festive Opening Ceremony will kick-off the event Sunday, Feb. 23 beginning at 6 p.m. and will include free samples, outstanding vendor services and a fun run by Bethel Park’s “Kids of Steel” as they prepare for the Pittsburgh Kids Marathon in the spring. Keynote Speakers for Sunday evening will include Allegheny County District Justice Ronald A. Arnoni and National Youth Speaker & Author of “Write to Dream” Brad Killmeyer discussing “*LEAD...An Overview of an Inspiring Youth Program.*”

Monday’s theme will focus on “Mental Health;” Tuesday, “Nutrition;” Wednesday, “Physical Health;” Thursday, “Substance Abuse;” and Friday will feature “Stress Reduction & Mindfulness.”

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“We all go through life stressors and this will be a good opportunity to work through that challenge and live our best lives,” said Bethel Park Manager Laurence Christian.

The School District and Municipality joined forces to provide the Summit because “we wanted to reach all of our residents, not just those involved with the school district,” said Dr. O’Rourke.

Each night of the Summit, free raffles will be held with winners announced on Friday evening. The event is open to all ages; however, other than Sunday, the bulk of the programming is focused on adults.

For the most current Summit information, including vendors and free services, visit [www.bpsd.org/WellnessInformation.aspx](http://www.bpsd.org/WellnessInformation.aspx) or call 412-854-8449.

“This is an opportunity to get information and resources out to our residents in a fun way...all are welcome!” said Dr. O’Rourke.

Summit Sponsors include Pittsburgh Technical College and New Waters Counseling.

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**NOTE: Following are Keynote Speakers for Monday-Friday (7 p.m.):**

**Monday:** *“Mental Health Support for Parents & Caregivers,”* Denise Morrow, Emotional Support Teacher & Parent of Five Children

**Tuesday:** *“Eating Well for Life,”* Katie Dorian, Dietician – Metz Culinary Management

**Wednesday:** *“Concussion Management,”* Rob Dingle, HSD, LAT, ATC, UPMC Sport Medicine, UPMC Freddie Fu Sports Medicine Center/Rooney Sports Medicine Complex

**Thursday:** *“Drug Identification Seminar,”* State Representative Natalie Mihalek

**Friday:** *“Increasing Mindful Awareness to Relieve Stress,”* Dr. Will Davies, Allegheny Health Network