

# 1st Annual Bethel Park Wellness Summit

Sponsored by the Bethel Park School District & Municipality

**Sunday, Feb. 23 – Friday, Feb. 28**

Bethel Park Community Center

**6-9 p.m. each day**

**FREE to Attend!**



**Keynote Speakers**  
7 p.m. each day

For a complete list of daily events (including vendors & free services), visit  
[www.bpsd.org/WellnessInformation.aspx](http://www.bpsd.org/WellnessInformation.aspx).

## Sunday "OVERALL WELLNESS & OPENING CEREMONY"



**Keynote Speaker Dr. Timothy M. Campbell, MD**  
*Chief Medical Officer – Gallagher Home Health Services & Hospice*  
**"An Owner's Manual for Humankind – How Eating, Drinking & Sleeping Well all Impact a Person"**

Join us for this festive Opening Ceremony for the whole family! You'll enjoy music performed by Bethel Park students, free samples, outstanding services by our vendors, and a fun run by our "Kids of Steel" as they prepare for the Pittsburgh Kids Marathon in the spring!

## Monday "MENTAL HEALTH"

**Keynote Speaker Denise Morrow**



*Emotional Support Teacher & Parent of Five Children*  
**"Mental Health Support for Parents and Caregivers"**

Stop by to gain the valuable resources you need to receive emotional support for you and your family from our exceptional vendors. And, if interested in foster parenting, Auberle will be on hand to discuss options.

## Tuesday "NUTRITION"



**Keynote Speaker Katie Dorian**  
*Dietician from Metz Culinary Management*  
**"Eating Well for Life"**

We all want to live a healthier lifestyle! Learn how to do so from our various vendors who'll be on hand to discuss buying your food fresh and locally, eating well for life, setting up a healthy eating plan for you and your children, and much more!

## Wednesday "PHYSICAL HEALTH"



**Keynote Speaker Rob Dingle, HSD, LAT, ATC**  
*Concussion Outreach Coordinator UPMC Sports Medicine UPMC Freddie Fu Sports Medicine Center/Rooney Sports Medicine Complex*  
**"Concussion Management"**

So much goes into our physical health, and sometimes it can all be overwhelming! Stop by to help sort it all out from our professional vendors who'll be on hand delivering such services as health screenings, posture screenings, information on moving correctly and so much more!

## Thursday "SUBSTANCE ABUSE"



**Keynote Speaker Natalie Mihalek**  
*State Representative*  
**"Drug Identification Seminar"**

Grasp a better understanding of substance abuse and what signs to look for in identifying an issue and learn what resources are available to provide support if you or someone you love is experiencing a challenge. A variety of vendors will be onsite to offer guidance and support.

## Friday "STRESS REDUCATION & MINDFULNESS"



**Keynote Speaker Dr. Will Davies**  
*Allegheny Health Network*  
**"Increasing Mindful Awareness to Relieve Stress"**

Who doesn't need to learn how to relax a bit more? Join us for the last night of our Summit as we help you to keep the "zen" in your life! Our vendors will all be on hand to help you reach a more relaxed state!

**Summit coincides with Bethel Park Recreation's "Try-It" Week (Feb. 23-29) where over 50 classes will be available to try for FREE!**

Questions? Call 412-854-8449.

SUMMIT SPONSORS: PITTSBURGH TECHNICAL COLLEGE & NEW WATERS COUNSELING