

**** PRESS RELEASE ****

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**Join the Watkins Glen Area Chamber of Commerce and Cayuga Health System
at the 2nd Annual Health & Wellness Fair on May 13**

Watkins Glen, NY – Cayuga Health System (Schuyler Hospital and Cayuga Medical Center) and the Watkins Glen Area Chamber of Commerce have come together to host the second annual Health and Wellness Fair in Watkins Glen.

Date: Saturday, May 13, 2017
Time: 10:00am – 2:00pm
Where: Watkins Glen Central School District Field House
301 12th Street, Watkins Glen, NY

But this is more than just your average health fair! It is a unique opportunity for residents to learn about the local businesses and organizations that offer goods and services to support a healthier, more vibrant lifestyle.

Here are the top 5 reasons you should attend:

1. Free to attend
2. Free screenings
3. Kids can enjoy outdoor activities (weather permitting)
4. Try out healthy samples
5. Support local businesses by purchasing their wellness-inspired products – a great chance to shop for Mother's Day gifts!

"For the second consecutive year, the Cayuga Health System is proud to be the premier sponsor of the Watkins Glen Area Chamber of Commerce Health and Wellness Fair. Providing community education and access to the health care services we provide is central to our mission as community hospitals," said John Rudd, president & CEO of Cayuga Health System.

Dozens of local businesses and organizations will be in attendance offering information on a wide variety of topics related to health and wellness including 5 Ways to Reduce Stress in 3 Minutes by Sue Silhan of Selah Yoga & Music; Get the Facts: Teen Drug Use in Schuyler County by Casey Allen of the Schuyler County Coalition on Underage Drinking and Drugs (SCCUDD); Preventing Diabetes by Elizabeth Watson of Schuyler County Public Health; and Sleep and Your Health by Christina Morse, DNP, RN, FNP-BC; and more!

For complete details and information on seminars, please visit: www.watkinsglenchamber.com/health-and-wellness-fair, find the event on Facebook (Health and Wellness Fair), or call the Watkins Glen Area Chamber of Commerce at 607-535-4300.

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