



“THE BIRTHPLACE OF THE STATE OF NEW YORK”
OFFICE OF THE MAYOR

THOMAS M. ROACH
MAYOR

t: 914.422.1411
f: 914.422.1395

FOR IMMEDIATE RELEASE:

Contact: Helena Marescot
Tel: (914) 422-1378
lfhw1@whiteplainsny.gov

**FAMILY FUN VOLUNTEER & WELLNESS FESTIVAL –
DECEMBER 09**



WHITE PLAINS, NY –December 5, 2023. The City of White Plains is excited to announce the upcoming Family Fun Volunteer & Wellness Festival, set to take place at The Westchester Mall's Savor Food Court (4th Floor) on December 9 from 12:00 PM to 4:00 PM. This festive event aims to bring the community together for an afternoon of joy, wellness, and family-friendly activities.

Event Highlights:

- **Kids/Teen Zone:** A dedicated space for the younger members of our community, featuring face painting, arts and crafts, and henna tattoos to spark creativity and imagination.
- **Live Entertainment:** Enjoy the rhythm and beats with live music performed by talented teen bands and a lively atmosphere created by our DJ.
- **Fitness and Wellness Activities:** Join in on the fun with Zumba, cardio fitness, and yoga sessions suitable for all ages and fitness levels.
- **Wellness Vendors:** Explore a variety of wellness vendors offering products and services to support a healthy and balanced lifestyle.
- **Health Screenings:** Take charge of your well-being with health screenings, including vital checks and information on maintaining a healthy lifestyle.

- **Volunteer Organizations:** Connect with local volunteer organizations and discover meaningful opportunities to get involved and make a positive impact within the community.
- **Vaccination Services:** Stay protected with on-site Covid and flu vaccine services, promoting a safe and healthy holiday season.
- **Mental Health Resources:** Access valuable mental health resources and support to ensure the well-being of you and your loved ones.
- **Substance Abuse Prevention Education:** Gain knowledge and insights into substance abuse prevention through educational materials and engaging discussions.

The Family Fun Volunteer & Wellness Festival is designed to cater to the diverse needs of families of all ages, offering a comprehensive and enjoyable experience for everyone. Join us for a day of celebration, education, and community building as we come together to promote wellness during the holiday season. For more information, please contact: Helena Marescot, Program Director at the City of White Plains Youth Bureau at (914) 422-1378.

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