

Each year, the Ninth Grade Academy students participate in the Wellness Fair. District Social Worker, Kathleen Bremer, along with High School Administration coordinate this opportunity for students to learn about agencies in their community and the services they offer.

The Wellness Fair is held in the auxiliary gym. Typically, twenty to thirty community agencies are represented, each with their own table displaying information about their mission and specific programs. The main purpose of the Wellness Fair is to help the students become familiar with helpful information so they can be advocates for themselves and so they can be preventive when it comes to their health.

The students seem to mostly enjoy the opportunity to talk with agency participants as well as the variety of informative handouts from the agencies. Participating agencies/individuals typically include: Seneca County Community Counseling Center, Youth Counseling Services, Council on Alcoholism and Addictions of the Finger Lakes, American Red Cross, Family Counseling Service of the Finger Lakes, Finger Lakes Health, East Hill Family Medical, Inc., Seneca County Youth Bureau, Child and Family Resources, Family Planning Center, Seneca County, Chris Ryan- Chiropractor, Geneva General Hospital, Seneca County Health Department, American Cancer Society, Seneca County Workforce Development, Safe Harbors of the Finger Lakes, Cornell Cooperative Extension, Finger Lakes Community Health, Pregnancy Care Center of the Finger Lakes, Seneca County Sherriff's Department, High School Student Resource Officer, Rod Kraft and our High School Nurse, Karen Campbell.

Thank you to all who participate and help to organize this event. You continue to help make each Wellness Fair more successful than the year prior!

by Kathleen M. Bremer, LCSW-R