

## Raffles Galore!!!!

### Over 200 great prizes!

*Get a raffle ticket each time you participate in a screening, class or chat with a Wellness Professional!*

## Free Screenings

Balance Challenge, Posture Analysis, Body Stress Assessment, Anti-Oxidant Scan, Functional Movement Screening, Dermascan, Oral Cancer Screening, Osteoporosis Screening, Vision Screening, Biometric Screening

### Wellness Committee Members

Susan Niedt, Wellness Champion  
Ann Mancaruso, Wellness Co-Champion  
David Bolinger, Human Resources  
Maria Gerckens, Brown & Brown Benefit Advisors  
Jim Finn, Brown & Brown Benefit Advisors  
Robert Guevar, Brown & Brown Benefit Advisors  
Kim Ward, Aetna  
Donna Sangillo, Aetna

### School Employee Wellness Team

Susan Niedt, Chairperson

Rachel Wescoe - Wellness Webpage Manager  
Stefanie Lachenauer - Photo Journalist  
Jessica Roberts - Wellness Fair Solicitations  
Jim Griffin "Griff" - MHS Gym Fitness Trainer/Supervisor  
Lesley Haas - The Yoga Team  
Alison Koblin - The Yoga Team, Smoothie Girl  
Renee Sapnar - Wellness Fair Support  
Jen Belmont - Smoothie Girl,  
Mike Warvolis - Faculty Chef  
Michelle Diatlo - General Support  
Peggy Cummings - Wellness Voice/Fitness Instructor  
Amy Peroni - Wellness Voice  
Suzanne Muller - Wellness Voice  
Pete Rosenberg - Wellness Voice  
Joanne Tonkin - General Support  
Tina Boyer - Wellness voice, Yoga Team  
Karen Kidd - General Support  
Nancy Boland - General Support  
Annette Wells, General Support  
Lucianne Smith, General Support

## Acknowledgements

*The following businesses have generously supported the MTSD Health and Wellness Fair*

Ab Fab Coiffure  
Be Alive and Well  
Belle Mead Dental, Dr. Mark Lubitz  
Belle Mead Orthodontist  
Better Nutrition Magazine  
Camille Powers Jewelry  
Chobani Yogurt  
Dan's Chocolates  
Dick's Sporting Goods  
Genteel's Restaurant  
Dr. Joel Fuhrman  
Jack Challen  
Johnson & Johnson  
L'Oreal  
Maggiano's  
Mark's Daily Apple  
Mark Salandra, StrengthCondition.com  
Massage Envy of Hillsborough  
McCaffery's  
Nancy Paolillo - NJP Enterprises  
Robinson's Chocolate  
ShopRite of Montgomery  
Adrianne Swerdlow  
Tiger's Tale  
Jennifer Whitehouse, Arbonne  
Dr. Lorraine Wolf, Orthodontist  
Xerox  
The Yohrling Family

*A special thanks to our staff for participating in the regifting campaign and for lending a helping hand when needed! A big hand to the Skybox Kids for all of their hard work!*

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### Health & Wellness Fair sponsored by:

Aetna

Dr. Mark Lubitz, Belle Mead Dental  
Brown & Brown Benefit Advisors  
Montgomery Wellness Committee & Team  
Montgomery Township Board of Education

Be good to yourself.  
Fun, food, friendship.

## Join Us!



Montgomery Township School District  
welcomes you to your staff

# Spring Health & Wellness Fair

**Monday, April 1, 2013**

2:00 to 5:30 pm, MHS

*Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. The Wellness Committee strives to provide education and experiences that present you with an array of lifestyle options. The choice is yours!*

# So, who will be there?...

## Wellness & Benefit Stations:

- 21st Century Automobile
- Aetna Inc.
- AID -NJEA: 24/7 Help Line
- Arbonne International
- Benecard Services, Inc.
- Bodyshop Total Fitness
- Brad's Raw Foods
- Brown & Brown Benefit Advisors
- Buyer's Edge, Inc.
- California Casualty
- Capital Health: *Lyme Disease Info*
- Carrier Clinic
- County Educators Federal Credit
- Deborah Heart & Lung Center
- Deep River Snacks
- DeCicco Dental
- Dynamic Nutrition
- Fit n Firm
- Flair Dance Academy & Yoga Center
- George Hansel: *cranial sacral therapy*
- Glow Wellness
- Grab'em & Go Snacks: *Plantain Chips/Catering*
- Green Solutions
- Hand & Stone, Hillsborough Wellness Spa
- Hand & Stone, Princeton Wellness Spa
- Healing to Wellness
- Healthy Living Acupuncture
- Hillsborough Massage Therapy
- Horizon BCBSNJ
- Improve Health Solution

- Jazzercise of Hillsborough
- JUICE PLUS
- Kaufman Chiropractic
- LightSource Chiropractic
- Massage Envy of Montgomery
- Natural Awakenings Publication
- Natural Health & Wellness Ct.
- Natural Medicine & Rehabilitation
- NJEA Member Benefits
- NuSkin
- Optical Academy
- PERFect FORMation: *Physical Therapy*
- Powerhouse Gym
- Princeton Country Dancers
- Princeton Fitness & Wellness
- Princeton HCS: Cancer Info
- Princeton HCS: Colorectal Info
- Princeton HCS: Community Ed.
- Princeton HCS: OB/Gyn
- Princeton HCS: Princeton Fitness & Wellness
- Princeton HCS: Physical Therapy
- Princeton Healthcare System
- Princeton Radiology
- Prudential/Educators Insurance
- Puriam: *Wellness Products*
- Rosemary & Om
- Rotary Club of Montgomery & Rocky Hill
- Sharone Avent: *Reiki*
- Shoprite of Hillsborough: *Nutrition Consulting*
- Sovereign/Santander Bank
- St. Peters: *Vision Screening*
- St. Peters: *Breast Health Info*
- St. Peters: *Dermascan*
- St. Peters: *Osteroporsis*
- St. Peters: *Ask the Doctor*
- St. Peters: *Wound Care*

- StonyField Farms Yogurt
- TD Bank
- Volition Wellness Solutions
- Dan Xu, Health Coach
- Your Body Balance

## Activities:

- Jazzercise
- Hoops for Fitness
- Zumba
- Yamuna Body Rolling
- Yoga
- HipHop
- Contra Dance
- Pilates

## Wholesome Tastings:

- Brad's Raw Foods
- Chartwells will provide refreshments and healthy food samples
- Deep River Snacks
- Grab 'Em Go Snacks: Plantain Chip Samples
- ShopRite of Hillsborough
- Smoothie Bar
- Stonyfield Farms Yogurt

### Biometric Screening Raffle!

Take a few minutes to gather some very important personal health information and be eligible to win one of several \$25.00 gift cards.

*(Sponsored by Aetna and Brown & Brown)*

This will take place in the Library.