



Jada Wattering, left gets a personal demonstration from fitness instructor Kathy Caiello during the 2005 Oswego County Health & Wellness Fair held on October 22nd. Caiello performed several interactive fitness demonstrations during the event.

Oswego County Health & Wellness Fair a success

Hundreds of Oswego County residents were treated to free health screenings, tasty cooking demonstrations, and challenging fitness demonstrations during the 2005 Oswego County Health & Wellness Fair.

Held Oct. 22, at the Fulton War Memorial, the fourth annual Oswego County Health & Wellness Fair was well received as residents of all ages came out to discover the latest information on health and wellness from the more than 30 health care providers and vendors that were on hand at the fair.

"It was a great success," said Brandy Koproski of the Rural Health Network, one of the founding sponsors of the

Oswego County Health & Wellness Fair. "There was a steady crowd of people all day who took advantage of the opportunity to receive a variety of free health screenings including glucose, blood pressure, bone density, even therapeutic massage."

Koproski said that the cooking demonstrations, which were a new addition to this year's event, were also a crowd favorite. The demonstrations focused on healthy, diabetic-friendly cooking and included everything from fun snacks for the kids to a complete meal prepared by chef Ray Grimaldi of the Blue Moon Grill in Fulton.

Interactive fitness demonstrations by Kathy Caiello of

Kathy's Fit Stop and instructors from both the Fulton and Oswego YMCAs rounded out the entertainment for the Health & Wellness Fair.

"It truly was an excellent family event," said Koproski. "We received wonderful feedback from both those that attended and our exhibitors as well. I want to thank our partners for this event: A.L. Lee Memorial Hospital, Oswego Health, *The Palladium-Times*, Oswego County Opportunities, Retired Senior Volunteers Program, the YMCA, *The Valley News* and the *Oswego County Weeklies*. I look forward to working with them to make next year's Health & Wellness Fair even better."