

Wellness **4** Schools

- 4th Annual -
Summer School Symposium



Thursday, June 13, 2019
8am-12pm

at the Sarah Heinz House, 1 Heinz Street
Pittsburgh, PA

PathwaysWellnessProgram.com | 412-563-8800 |    

Wellness4Schools

Welcome!

Wellness4Schools, a program of American HealthCare Group, brings wellness to your school! We offer onsite Wellness programs like Health Fairs for staff and the community, Farm to Table Food Assemblies and Classroom Tasting Parties, Health Screenings, Immunizations for Staff, Students and Families.

We are excited to offer our 3rd Annual Wellness4Schools event to help empower school districts to seek wellness resources for their teachers, staff, students and families. Nutrition, Fitness, Mental Health, Knowing your Numbers – they all work together to create a culture of wellness! Thank you for joining us today to make an impact in your school!

PathwaysWellnessProgram.com | 412-563-7854 |



Introduction & Keynote Speaker

8:00 – 8:15am

Registration & Coffee with Vendors

8:15 - 8:20am

Introduction to the 2019 Summer Symposium

Liz Hagan Kanche, Wellness Director, American HealthCare Group

"Real change, enduring change,
happens one step at a time."

- Ruth Bader Ginsburg

Speaker Schedule

8:00 AM – 8:15 AM

Coffee & light breakfast with vendors

8:15 AM – 8:45 AM

Fabulous Recipes for Vibrant Health

Miranda Baldosky

8:45 AM – 9:15 AM

Text Neck: The Next Epidemic

Dr. Alex Pattison

9:15 AM – 9:30 AM

15 minute break with vendors

9:30 AM – 10:00 AM

Moving Towards Feeling Calm & Safe Mindfulness

Debra Myers

10:00 AM – 10:30 AM

Asthma Outcomes in School Children from Our Region

Dr. Deborah Gentile

10:30 AM – 10:45 AM

15 minute break with vendors

10:45 AM – 11:15 AM

De-Stress Your Day

Sarah King

11:15 AM to 11:30 AM

Farm to Table Western PA Updates

Erin Hart

11:30 AM to 12:00 PM

30 minute break with vendors

Last chance to complete & turn in Bingo Card!

- Prizes Drawn -

Exhibitor Directory

A Natural Side of Wellness

Pittsburgh, PA
(412) 327-9216

Adagio Health

Pittsburgh, PA
(412) 288-2130

Advanced Integrative Medical 360

Pittsburgh, PA
(412) 227-9255

Allegheny County Health Department

Pittsburgh, PA
(412) 687-2243

Allies for Health + Wellbeing

Pittsburgh, PA
(412) 345 7456

American Healthcare Group, LLC

Pittsburgh, PA
(412) 563-8800

Arbonne

Pittsburgh, PA
(412) 969-0335

Clearview Federal Credit Union

Pittsburgh, PA
(800) 926-0003

Community Liver Alliance

Pittsburgh, PA
(412) 501-3252

Farm to Table Western PA

Pittsburgh, PA
(412) 563-7807

Greater PGH Joint & Muscle Center

Pittsburgh, PA
(412) 203-4019

Healthy Schools PA

Pittsburgh, PA
(412) 404-2872

Hello Fresh

Pittsburgh, PA
(412) 726-1482

Highmark Caring Place

Pittsburgh, PA
(888) 224-4673

Juice Plus Tower Garden

Pittsburgh, PA
bschlageter@pittsburghkids.org

Miracle Dental Assoc.

Wexford, PA
(412) 538-0010

Pittsburgh East Health Center

Monroeville, PA
(724) 247-0809

Sabika Jewelry

Pittsburgh, PA
(855) 722-4521

Sam's Club

Pittsburgh, PA
(412) 494-4140

Sarah Heniz House

Pittsburgh, PA
(412) 231-2377

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