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3rd Annual Dutchess County Health Fair April 13th at Dutchess Community College

A Day of Fun, Food, Giveaways to Promote Health and Wellness

Poughkeepsie ... Residents of all ages are invited to enjoy fun, family-friendly activities, interactive educational presentations, food trucks, giveaways and prizes and more – all highlighting how to enhance health and wellness at Dutchess County’s 3rd Annual Y.O.U.R (Young, Old, Urban, Rural) Health Fair on Saturday, April 13th. The Dutchess County Department of Behavioral and Community Health (DBCH) is hosting this free event from 11 a.m. to 2 p.m. at Dutchess Community College’s Falcon Hall, located at 53 Pendell Road in Poughkeepsie. Free transportation is available from the City of Poughkeepsie to Falcon Hall.

[More than 75 exhibitors](#), including community health providers, local businesses, County Government departments and more, will be offering informative booths, engaging workshops, health screenings, fitness demonstrations and more. There will be a wide range of resources, including mental health and recovery services; environmental health; maternal, child and elderly care; sexual health; physical activity; nutrition and dental health.



Dr. Livia Santiago-Rosado, DBCH Commissioner, said, “Our annual Health Fair is one of the many ways we advance our mission to educate and engage the public, aiming to protect and promote the health of all Dutchess County residents, families, and communities. This year’s event is bigger and better than ever with a great line up of presenters and activities – both inside and outdoors! We are grateful to all our partners for coming together with us to offer this great event to residents and we can’t wait to see everyone there!”

Inside Falcon Hall, attendees can visit booths and take part in a full schedule of [interactive demonstrations and workshops](#) including:

- Hands On CPR training;

- Yoga demonstration and meditation session from Kate Baumann of Rooted Yoga;
- Performances by Roy C. Ketcham High School Step Team;
- Line dance instruction;
- Tai Chi through the Dutchess County Office for the Aging;
- “Healthy Living for your brain and body” by the Alzheimer’s Association; and
- Much more!

Participants can take part in games like “Health Jeopardy!” and “Fishing for Facts,” and spin the DBCH prize wheel for great prizes. Pick up a Health Fair Passport and collect stickers specially marked exhibitor tables to fill in the passport and submit into raffle drawings for great prizes from local businesses including gift certificates, tickets to local experiences, wellness baskets and more.

For those with sensory sensitive needs, the ThinkDIFFERENTLY team will offer sensory-friendly games for children. There will also be a tranquil area away from the noise and crowd, where attendees can also learn about resources and services available to residents of all abilities.

There will also much to enjoy outside of Falcon Hall, including:

- Food trucks
- Child Safety Seat Checks by Nuvance Health
- Bike Helmet Fittings with free bike helmet giveaway from Nuvance Health

Health Fair attendees will be able to take home many free health-related items, such as tick removal kits, food thermometers, life-saving Narcan kits and much more.

County Executive Sue Serino said, “Good health and wellness is key to enhancing our quality of life. The Dutchess County Y.O.U.R. Health Fair is a great way to learn about the wide range of health resources that are available throughout our community, while taking part in fun and educational activities designed for all ages and abilities!”

Dutchess County Public Transit will provide free shuttles from the Transit Hub on Market Street in Poughkeepsie to Falcon Hall, running continuous loops from 10:30 a.m. to 2:30 p.m.

More information about Dutchess County’s Health Fair is available at dutchessny.gov/healthfair. To learn more about health resources available in Dutchess County, residents can visit dutchessny.gov/health.

www.dutchessNY.gov



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