



RIVERHEAD CENTRAL SCHOOL DISTRICT

Integrity • Creativity • Respect

Parent University

October 27, 2022

Personal Wellness

Breakout Sessions

Session 1: 6:20 PM - 6:40 PM

Session 2: 6:45 PM - 7:05 PM

Organization	Presenter	Brief Description / Aspect of Learning to Personal Wellness	Location
ReThink Ed / ReThink Care Solutions	Beth Gautier	An overview of Social and Emotional support and how best families can support their students.	Room 127
At-home workouts	Katie Keiller	An overview/trial of free and subscription based at-home workouts/wellness apps - Physical Wellness	Gym
Ageless MD	Dr. Roxann Carfora	Keynote speaker - Personal Wellness	Cafeteria
Garden of Eve	Eve Kaplan-Walbrecht	Discussion of how to access and prepare healthy food - Physical Wellness	Room 129
Riverhead Library	Lauren Strong	Provide information on career counseling services - Occupational Wellness	Table outside cafeteria
NYMRC / LI Aquarium	Ryanne Murray	Effects of pollution and rain debris on wildlife and our waters, what we can do to foster a better relationship with nature - Environmental Wellness	Room 130
Riverhead Recreation Dept	Ashley Schandel	Discussion of available offerings	Table outside cafeteria

PAL	Cheryl Behr	Discussion of available offerings	Table outside cafeteria
CAP	Felica Scocozza	Overview of CAP Services in the school and community to support the social and emotional wellness for students and families.	Room 131
Planet Fitness	Constance Marfoglio	Discussion of available offerings	Table outside cafeteria
Goodale Farms	Hal Goodale	Discussion of available offerings	Table outside cafeteria
Zilnicki Farms	John Zilnicki	Overview of food programs, healthy dietary options, community outreach opportunities	Room 134
Schmitt's Farm	Ashley Schmitt	Discussion of available offerings	Table outside cafeteria
Chase Bank	Linda Melendez	Savings - Budgeting -Credit - Home Ownership Financial Health & Wellness	Room 135
Family & Consumer Science	Allison Spinelli & Roberta MacGray	Healthy Eating - How to prepare an easy healthy meal.	Room 115

After Parent University, enjoy some good times and food with our local eateries supporting us with overall Personal Wellness. These local eateries will provide families with a 10% discount on the purchase of food on October 27, 2022. *Please bring this document as proof of attending Parent University.*

Rocco's Pizza and Pasta
1285 Old Country Road, Riverhead, NY 11901

IHop
1490 Old Country Road, Riverhead, NY 11901

