

UCS News Release

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UCS Health and Wellness Fair to Showcase Healthy Living

Bennington and Manchester, Vt. — United Counseling Service will hold its fourth annual Health and Wellness Fair on Thursday, July 30th from 10-3. Dozens of local exhibitors will be showcasing new and creative ways to live healthier and go green.

Activities, demonstrations, and giveaways will all help visitors learn how to maintain a healthy lifestyle through diet, wellness, relaxation, and other techniques to boost health and wellness. The fair is located at the main UCS building, 100 Ledge Hill Drive, in Bennington.

“UCS has developed this fair as a way to inform its staff and clients and promote healthy living,” said Paul Becker, UCS Facilities and Safety Director.

Several demonstrations will take place throughout the day including demonstrations by the Wild Country Cloggers, the Bennington County Sheriff’s Department, and the always popular fire extinguisher demonstration.

“Something new this year,” said Becker, “we will introduce the UCS Green Committee, which will show some of the many ways local businesses can go green and save money.”

Each year the fair has continued to grow and this year thirty exhibitors will be on hand. Among them, teens in the UCS Transitional Living Program will demonstrate healthy cooking and other life skills for teens in transition. Additionally, UCS clinical staff will be available to discuss the Employee Assistance Programs that provide counseling support to local businesses.

Off the Wall will give away day passes and raffle memberships. The American Red Cross will provide AED demonstrations. Blooming Chefs will demonstrate cooking simple, natural recipes. Silver Springs Scoops will give away fat-free, sugar-free ice cream.

That’s just a small sampling of the many fun, interesting, and enjoyable activities available at the UCS Health and Wellness Fair. Along with the thirty exhibitors, many demonstrations, giveaways, and incredible raffle prizes, UCS will offer free healthy snacks and drinks.

“This year visitors can experience The Path to Relaxation, which is Reiki Therapy demonstrations and two chair massage therapists,” Becker said.

United Counseling Service strives to provide all clients, employees, and community members with the information needed to maintain a healthy lifestyle, on both an emotional and physical level. UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support. Visit www.ucsvt.org to find out more.

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