



FOR IMMEDIATE RELEASE

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FAYETTE LIVING WELL COALITION ENCOURAGES RESIDENTS TO 'TRY IT FOR BETTER HEALTH'

Uniontown, PA – For the past couple of years, the Fayette Living Well Coalition has helped Fayette County residents get fit one step at a time with its Walk Your Way to Wellness and Wednesday Walks initiatives. Now, the coalition is striving to help people stay healthy even when they might not be able to get outside.

Fayette Living Well Coalition's Try It for Better Health series kicks off from 6:30 to 7:30 p.m. Wednesday, Feb. 15, with "Spin for a Healthy Heart," a free 20-minute spin class at Spin Unlimited, 680 W. Main St., Uniontown.

"We are trying to promote health year-round," said Rita Masi, who co-chairs the coalition's Physical Health Work Group alongside Melissa Miner. "January, we do as a planning month, but February, March and April, we wanted to do something indoors."

That's because, as Masi said, "We do live in southwestern Pennsylvania," and the weather isn't always conducive to outdoor workouts during those months.

Instead, county residents can enjoy a spin class this month before taking part in a meditation, chair massage and yoga session March 15 and trying kickboxing and core strengthening exercises April 19.

"This way, we can focus on physical health year-round," Masi said.

Masi said the March portion of the Try It for Better Health series is a partnership with Om Body yoga studio and massage spa. The class will be held from 6 to 7:30 p.m. at the Hilton Garden Inn in Uniontown.

"There's a chance to move between all three stations to try it all," Masi said.

April's class will be held from 6 to 7 p.m. in the John P. Murtha Wellness Center at Penn Highlands Hospital in Connellsville with instructor Tabby Horvath. Two sessions are available, and beginners are welcome.

Along with trying a new workout, participants also can receive free health screenings at each of the series' three events. Masi said nursing students from Penn State Fayette, The Eberly Campus will be available to administer blood pressure and other screenings.

"They will definitely do it at all of the indoor ones, and sometimes, before some of our walks, we also have someone there to do screenings," Masi said.

She said Fayette Living Well Coalition will move back outdoors in May, when its Wednesday Walks series returns, starting with "Look Up, Uniontown!" on May 10. The walking tour will begin and end at Storey Square and will highlight some of the city's oldest and most historic buildings.

Masi said it is gratifying to find ways to help Fayette residents stay healthy.

“It’s nice, especially, to have the indoor-outdoor series, and to add some new locations in the county to hear about,” she said. “I’m always excited to have these events.”

About 20 spots already have been filled for “Spin for a Healthy Heart,” Masi said. The event can accommodate 60; session times will be assigned upon RSVPing.

To register, go to <http://bit.ly/3QBgMEH> or email fayettelivingwell@gmail.com.

For more information on the Fayette Living Well Coalition, follow their Facebook page at: <https://www.facebook.com/FayetteLivingWellCoalition>

To learn more about Fayette County, visit www.fayettecountypa.org.

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