

ASBURY PARK SUN

FROM THE FOLKS AT TRICITYNEWS

SERVING ASBURY PARK • ALLENHURST • INTERLAKEN • LOCH ARBOUR • OCEAN GROVE • WANAMASSA

ASBURY PARK

MAYOR'S WELLNESS COMMITTEE LAUNCHES PROGRAMS AND EVENTS

YOGA IN THE PARK & MAYOR'S TEAM BEING ORGANIZED FOR OCT 1 AMERICAN HEART ASSOCIATION WALK ALONG AP BOARDWALK

Aug 9, 2017

By Michelle Gladden



The **Asbury Park Mayor's Wellness Committee** will launch its first public event on Aug. 21, Chair Michael Manzella said.

Held in conjunction with the Community YMCA of Red Bank, a Yoga in the Park will be held from 5 to 6 p.m. prior to the Music Monday free concert series at

Springwood Avenue Park, located between Union and Atkins avenues.

"It's a free yoga session," he said. "All you have to do is bring your towel and drinking water. Anyone can come and no experience is required."

Manzella, said the Committee members include Mayor John Moor, Councilman Jesse Kendle, Lisa Lee of Project Director of Alliance for a Healthier Asbury Park & Meadowlink/EZ Ride, Lena Siddiqi of the American Heart Association, Allison Cerco of Hackensack Meridian Health, Dr. Lesley Castellini of Asbury Acupuncture, residents Wendi Glassman and Jessie Ricks.

The Committee made its debut at last week's National Nite Out event [in featured photo] and immediately followed it up by attending Asbury Park Music Foundation's Music Monday free concert in Springwood Park this week.

The mission is to promote and champion healthy and active living for all of those who live, work and play in Asbury Park, Manzella said. We are going to focus on all aspects of wellness; physical, social, emotional, health, and well being," he said. "That's how we define wellness here."





Plan initiatives include fitness activities, health screenings, educational and nutritional events [ie cooking classes], CPR training, and blood drives.

“We are also going to be partnering with what is already happening throughout the community,” Manzella said. “The Alliance for a Healthier Asbury Park, for example, is doing healthy corner store initiative, so one event we talked about is doing a neighborhood walk with the mayor to each of the four corner stores involved with the initiative.”

The four corner stores participating in the NJ Healthy Corner Store Initiative are La Tapatia on Main Street, Prime Convenience Market on Asbury Avenue, Sheffield’s Market on Bangs Avenue, and newly opened Dark City Grill on Prospect Avenue.

There are also plans in the works for a community bike ride held in conjunction with Second Life Bikes and the Complete Streets Coalition.

“A lot of it is doing our own events but also trying to partner with what’s already out there to bring it into one place so that people know what’s going on,” he said.



Manzella said **Community Wellness Calendar** has been posted on the City’s website. It features health and wellness activities occurring throughout the city. The group is also organizing a Mayor’s team for the October 1 scheduled American Heart Association Walk along the Asbury Park Boardwalk.

The Board meets on regular [ad hoc] basis and those interested in attending its meeting can check the city **website** for meeting dates and time.

The next meeting is scheduled for noon August 16 in the City Manager’s Conference Room, at 1 Municipal Plaza. Anyone with an idea for an event or initiative, can contact **wellness@cityofasburypark.com**.