



YORKTOWN CENTRAL SCHOOL DISTRICT

For Immediate Release

**Contact: Leo Sposato
914-243-7741**

News Release

Farmers 'Market this Saturday Oct. 4th at Mohansic School in Yorktown

Yorktown Heights, New York, September 29, 2008

The Yorktown Central School District Wellness Committee and PTSO are pleased to announce the First Cornhuskers Farmer's Market Wellness Festival. The event is scheduled for **Saturday, October 4 from 10:00 am to 1:00 pm** – to take place on the campus of Mohansic Elementary School, located at 704 Locksley Road in Yorktown.

This day is special for our community. Local farms that will be in attendance include Kitchawan Farm, Hemlock Hill Farm, and Hilltop Hanover.

Activities will include singing by the French Hill second grade chorus, functional fitness demonstrations provided by Club Fit, health screenings by Minute Clinic of NY, raffles, give-aways, and so much more!

There will also be a wide variety of sports clinics, sponsored by Solaris Sports, on cheerleading, musical dance, hip Hop, youth fitness, speed and conditioning, T-Ball, soccer and yoga.

The Farmers Market is an opportunity to discover the wonderful local food available, participate in fun clinics, as well as increase awareness and access to many of the health and wellness related programs and services in our surrounding community.