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THE 16TH ANNUAL

HEALTH & WELLNESS FEST



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April 12th, 2025 - 9am to 1pm

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Saturday, April 12
FREE • 9 am to 1 pm

The Meadow Club
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- Experts from many Stony Brook healthcare services
- Wellness resources
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- Free health screenings
- Giveaways



**Stony Brook
Medicine**



HEALTH AND WELLNESS FEST 2025



HEALTH & WELLNESS FEST 2025



What to look forward to this year at our 11th Annual Health & Wellness

Once again our supportive sponsor St. Charles Hospital is promoting healthy eating. Their choice this year is acai bowls and nutritious muffins! Their new chef, Mohamad Saleh or Chef Mo, the Executive Chef at St. Charles Hospital in Port Jefferson, has been at the helm of culinary innovation for over 25 years. He is a dynamic and accomplished food service professional with extensive experience in culinary arts, management, strategic positioning and leadership. Chef Mo was educated at NYIT in Culinary Arts and Hotel Administration. Aside from Chef Mo's Executive Chef roles through the years in healthcare and hotels he also has a background as a Traveling Chef for Better Homes and Gardens and has spent many years as a Personal Celebrity Chef. Chef Mo is passionate about creating dishes that tell a story, leaving patients with unforgettable dining experiences. So



education about making better choices for our food consumption plays a role in our overall better health, but let's not forget preventive measures. There will be many different screenings this year. They will include blood pressure, glucose, heart rate variability, cholesterol, in-body composition analysis and skin cancer to name a few. Taking a proactive approach of regularly testing yourself to identify any potential issues before they escalate into major problems is good preventive medicine!

If you are looking to witness a visual demonstration or hands-on experience this year's event can also accommodate you! There will be Chakra balancing & aura readings, with a LifeSystem biofeedback device. LIFE System is a Quantum Biofeedback Device that assesses your energy flow, pinpointing subtle and distinctive stressors, inner conflicts and energetic obstructions with your body. It then transmits harmonics aimed at relieving this stress, stabilizing the body's energetic state! Sounds like FUN! Also to include Massage & Stretching Therapy and Trigger Point Therapy

please come try one of their acai bowls loaded with healthy toppings. They are made of acai berries that are pureed with other frozen fruit then served in a bowl and topped with a variety of fresh fruit, granola, seeds, nuts, peanut butter, etc. Or try one of the varieties of healthy muffins. These muffins deliver everything you want in a muffin, in addition to being a healthy and delicious breakfast choice.

Of course healthy examples and ed-



and Mock-GLP-1 Agonists Injection demonstrations; a class of medications that help lower blood sugar levels and promote weight loss!

This community event is FREE to

the general public, all are welcome. Doors open at 9am and close at 1pm. For more information please call the Chamber at: 631-473-1414 or visit our website at www.portjeffhealth.com

WELCOME TO OUR FEST

2025 DEMONSTRATIONS, SCREENINGS & ACTIVITIES

Harmony & Light Wellness

Chakra balancing & aura readings with the *LifeSystem Biofeedback* device

Guide Dog Foundation For The Blind

Meet their Ambassador guide dog!

Heart & Health Medical

Screenings for blood pressure & glucose

Light Years Acupuncture & Massage Therapy

Demo for ear seeds-based in traditional Chinese medicine (TCM), ear seeds are a form of auriculotherapy AND Deep oscillation therapy (DOT)

Music and Medicine of Stony Brook

Acoustic Ensemble Performing

Northwell Mobile Health Unit-Skin Cancer Screening

NST Wellness

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Pathways To Health

Heart Rate Variability Screening

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Art Therapy Demonstration

St. Charles Hospital

Colon Cancer • Acid Reflux • Blood Pressure

Stony Brook Medicine

Screenings: Blood Pressure • Cholesterol

The Wellness Stop

In-Body, Body Composition Analysis

THRIVE Recovery Center

THRIVE Recovery Center will be offering on-the-spot Narcan training sessions at the THRIVE Everywhere van throughout the day. Each 10-minute session provides participants with a Narcan certificate of completion and Narcan kit. Stop by the van for training and enjoy giveaways while supplies last!

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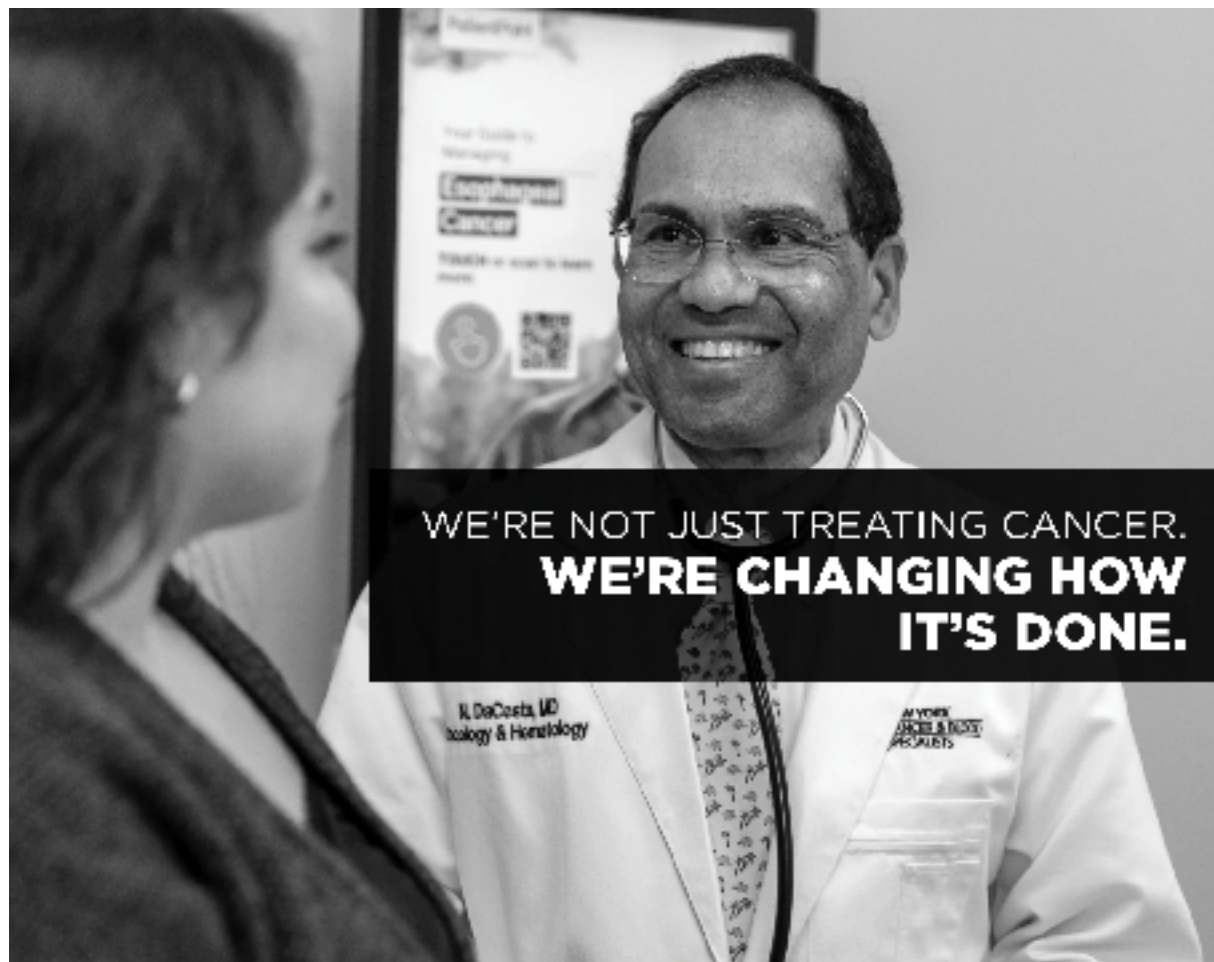
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The Greater Port Jefferson Chamber of Commerce would like to thank our sponsors, exhibitors and the efforts of our chamber staff and board of directors. Without whom the Health & Wellness Fest could not be possible, the Chamber values their community. By providing this health event it allows our friends and residents opportunities to be educated about their wellness decisions.



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HEALTH AND WELLNESS FEST 2025

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**St. Charles Hospital**

St. Charles Hospital, a proud member of Catholic Health and the healing ministry of the Diocese of Rockville Centre, is a 243-bed, acute care community hospital located in Port Jefferson, NY, and has served the residents of the Three Village area for more than 115 years.

The non-profit hospital features four centers of excellence: Maternal/Child services, Orthopedics, Robotic Surgery and Rehabilitation. St. Charles is recognized as the region's most comprehensive rehabilitation provider and is the only hospital on Long Island with CARF-accreditation for its inpatient and outpatient rehabilitation program for children and adults.

St. Charles also offers services in general surgery and surgical subspecialties such as colon/rectal, urology, bariatric, neurosurgery, GYN oncology, female pelvic floor disorders, and ENT. In addition, St. Charles offers emergency medicine and acute medical care for adult and pediatric inpatients. St. Charles' subspecialty care services include cardiology, pulmonary, gastroenterology, infectious diseases, nephrology, neurology, epilepsy, and stroke care. Other services include diagnostic imaging and laboratory. St. Charles is known for its nationally accredited Sleep Disorders Center and its Center for Hyperbaric Medicine & Wound Care.

In addition, St. Charles has received prestigious recognition from Healthgrades, as well as an "A" rating for Hospital Safety from The Leapfrog Group. St. Charles has also received the Joint Commission's Advanced Certification in stroke, palliative care, and total hip/knee replacement. Other achievements include the American Heart Association/American Stroke Association's "Gold Plus Quality Achievement Award" for outstanding stroke care; AHA/ASA's "Target: Type 2 Diabetes Honor Roll," and IDSA Antimicrobial Stewardship Center of Excellence designation. St. Charles has also received accreditations from the American College of Radiology, the American Diabetes Association, the American Academy of Sleep Medicine and the Commission on Cancer.

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Based in Melville, the Alzheimer's Association Long Island Chapter serves Nassau and Suffolk Counties. The chapter helps all those facing Alzheimer's and other dementias by providing support groups and educational resources while advancing crucial research and public policy initiatives. There are currently 426,500 New Yorkers living with Alzheimer's and more than 543,000 caring for them. To learn more about the Long Island Chapter, go to alz.org/longisland or call our 24/7 Helpline at 800.272.3900.

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Cona Elder Law is an award-winning law firm located in Port Jefferson and Melville. Celebrating 25 years in business, Cona Elder Law is known for its creative advocacy and cutting-edge strategies and has been consistently ranked the #1 Elder Law and Trust and Estate firm on Long Island. The firm's practice focuses on asset protection, Medicaid planning, estate planning, corporate succession planning, probate and estate administration, estate litigation, special needs planning and guardianships. Our mission is to inspire and empower people to embrace aging with support, resources, and referrals.

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A funeral service is an important part of honoring your loved one and starting the healing process. Whether you choose burial or cremation, Moloney Family Funeral Homes offers distinctive, personal, and affordable services. We will take the time to understand your needs and wishes, walk you through your options and assist you in planning a service that is unique to your loved one and meaningful to you.

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THRIVE Recovery & Wellness Center

To further support the mission of Family and Children's Association, THRIVE's goal is to help individuals and families find, maintain, and strengthen their recovery through peer-based support, navigation assistance and referral services; provide interactive educational programs that promote wellness, economic prosperity and civic engagement; and maintain a safe, welcoming haven for substance-free recreational and social activities. Our vision: an engaged community that is healthier, safer and supportive of people in various stages of recovery. A Community Center for Transformation, Healing, Recovery, Inspiration, Validation and Empowerment

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HEALTH AND WELLNESS FEST 2025

Crystal Energy? Buddhist Meditation? Reasons May Vary, But Port Jeff is Now a Health-and-Wellness Haven

Residents and visitors have long been aware of Port Jefferson Village's unique quality – an intangible, almost mystical energy that differentiates this little harbor front community from the rest of Long Island.

Lesser known is the very real possibility that this energy could define the Village's next, best economic destiny.

Port Jefferson has become a health-and-wellness destination – a holistic haven for retail shops and self-care centers dedicated to replenishing the body, mind and spirit. The phenomenon is crystal-clear to numerous entrepreneurs who choose to hang their chakra-charging shingles here, and to patients, disciples and day-trippers who regularly visit these spiritual shops and energy-cleansing epicenters.

And it hasn't escaped the attention of Village officials, who discussed the trend toward a more holistic retail roster during the Feb. 4 meeting of the Village of Port Jefferson Economic Opportunity Task Force.

Mayor Lauren Sheprow sees the trend as both a plug for the Village's distinctive positivity and a win for local socioeconomics.

"This area is attracting a serious retail cohort of health, wellness and self-care – a recurring theme emulating along East Main Street and Main Street," the mayor says. "This is a major benefit for visitors and residents, not only because it promotes healthier lifestyles but because it's a robust business identity."

Barbara Ransome, the Greater Port Jefferson Chamber of Commerce's director of operations, said the surge of health-and-wellness businesses "adds to the diversity" in a Village already known for interesting shops, family-friendly events and quality restaurants.

She also suggested several reasons why better-you businesses are proliferating through Port Jefferson, starting with the culture we're in and the area we live in.

"Belle Terre Road is a corridor of professional medical services," Director Ransome notes. "We have three large hospitals in the area and we have large senior-living residences, all of which need this kind of support."

"These kinds of health-related businesses are exactly what people are interested in," she adds.

There's another factor at play that, according to Director Ransome, lends itself directly

to the health-and-wellness sector: It doesn't take a lot of physical space to sell crystals or perform acupuncture.

"The size of the stores that we have here, particularly on East Main Street, allows you to open a health-and-wellness business that doesn't need a large footprint," she says. "Overhead and initial operating costs are not extreme in most instances, unless they're dealing with some kind of major equipment, so you can start up a brick-and-mortar storefront without having a large operating budget."

Filling one of those smaller East Main Street storefronts is The Wellness Stop, which opened last Spring to leverage owner Karen Sullivan's decades of work as a certified functional medicine coach.

After years as a private practitioner and an in-clinic and remote consultant for medical doctors "who don't necessarily have the time to focus on their patients' nutrition" – endocrinologists, general practitioners and others – Ms. Sullivan opened The Wellness Stop to "create wellness roadmaps for clients and help them navigate it."

The shop also carries a variety of skincare and body-care products, as well as teas, supplements, instructional books and journals, and hosts various classes and workshops and even a book club, all focused on promoting wellness.

For the functional medicine coach – a 30-year Port Jefferson resident – East Main Street was the ideal location to restart her private enterprise.

"East Main Street is becoming more wellness-centric, with my store, Skinmed Spa + Body, Healing Nature, Breathe – these are all about healthy good things for our body, mind and soul," Ms. Sullivan says. "And I have always been physically attracted to East Main Street ... it's very cozy and it's got great energy. A beautiful brick-and-mortar location."

She's not the only one sensing a particular energy pulsating around the Village. Registered Nurse Raj Devpriti Kaur, a Reiki master teacher who opened The Healing Center at Port Jeff Salt Cave nine years ago to "marry the spirituality and the science," credits a "Maharishi Effect" emanating from the Kadampa Meditation Center Long Island, a Buddhist meditation center located in the heart of Port

Health & Wellness continued on B11

HEALTH AND WELLNESS FEST 2025



Port Jeff Salt Cave, The Wellness Stop and Breathe in the village of Port Jefferson. Photos courtesy of Port Jefferson Chamber of Commerce.

Health & Wellness continued from B10
Jefferson Village.

The “Maharishi Effect” is defined as a positive coherence in social and natural environments generated by the large-scale practice of transcendental meditation – just like the positivity flowing from the Buddhist center, according to Ms. Kaur.

“You have the meditation center off East Main Street, and you have Envision Crystal, which has been here for decades, and then you have shops like Breathe and all the others that have opened up,” she says. “I feel like that meditation center was instrumental in generating that healing energy, and shops like Envision Crystal hold the same type of energy.”

Entrepreneur Megan Fesmire, who opened Harmony and Light Wellness on Main Street in 2022, similarly senses a specific “vibration” attracting both wellness businesses and wellness customers to Port Jefferson.

“All these different wellness and crystal shops are highly vibrational ... so the energy of the space draws the same thing to it,” Ms. Fesmire notes. “The higher the vibration, the more of these types of establishments you’ll see – and you’re going to get a population of people coming to town to experience that.

“It’s the law of attraction,” she adds. “The frequency you put out is what comes back to you. Port Jefferson just has that energy.”

Whether it’s a quasi-supernatural power based on Buddhist meditation or some other combination of socioeconomic factors, Port Jefferson certainly has plenty of businesses offering crystals – “Even the gas station here sells crystals,” Ms. Kaur notes – and other holistic offerings.

And while the close proximity of so many

similar enterprises might create heated competition and perhaps some professional resentment, the opposite has happened in the Village: Each of these business owners notes an almost joyous collaboration with the others, starting with constant B2B referrals.

Harmony and Light Wellness boasts New York’s first “harmonic egg,” a wooden “resonating chamber” that promotes relaxation and self-healing with sound and light therapy – but outside of that unique offering is always happy to point customers toward the Village’s other wellness hubs, according to Ms. Fesmire.

“This community of businesses is pretty tightknit,” she notes. “There are a lot of referrals. Customers will say, ‘I want to buy some crystals,’ and I’m like, ‘You can go here or here or here.’ We’re definitely on each other’s radar.”

Collaborating with her sister businesses is “very important to me,” adds Ms. Sullivan of The Wellness Stop.

“I do a lot of collaborative work with Skinmed,” she says. “We refer clients back and forth all the time. Christine Santos, who’s opening Willow and Harlow in March, used to make custom soy and woodwick candles that I sold in my shop, and now she’s opening her own shop, which is great.

“We all raise the tide together,” Ms. Sullivan adds. “That’s really important to me.”

Many of these businesses will be working together April 12, when the Chamber of Commerce hosts its annual Health and Wellness Festival at the Meadow Club. This event, one of the Chamber’s most successful, was started 15 years ago to benefit and promote the health and wellness-oriented members and has continued to grow as the culture has shifted to health and wellness and that, according to Ransome, this category of our membership

has increased. “With three large regional hospitals in our backyard, they understand the value of this event and are very generous in how they give back to their community and therefore help to sponsor this event,” she said.

But that’s not the only reason the annual festival is a hit. According to Ms. Kuar, the positive energy connecting The Salt Cave to the Village’s other health-and-wellness shops

also plays a hand.

“As some of these new businesses started moving into the village, there were some people who were used to being the only kind on the block, so there was some hesitancy to trust,” she says. “But people are finding their way now.

“Something beautiful is beginning to happen here, for sure.”

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