

REVERE COMMUNITY C.A.R.E.
DISTRICT HEALTH & WELLNESS EVENT



REVERE HIGH SCHOOL
MONDAY -- FEBRUARY 26, 2024
5:30-8:00 P.M.

<u>Activity</u>	<u>Time Frame</u>	<u>Location</u>	<u>Age Range</u>
Food Swenson's Food Truck Dewey's Pizza Beverages/Snack Items – RHS Active Minds/Student Council Bake Sale – BES and RES PTAs	5:30-7:30 p.m.	Parking Lot Cafeteria Cafeteria Cafeteria	all ages
Pop-Up Library/Activities Abigail Krukemeyer, Richfield Branch Library	5:30-8:00 p.m.	Cafeteria	all ages
Booths K9 Caring Angels Therapy Dogs Carve Your Own Path Simply Amazing Family Environment Beyond Healthcare Patricia Shumay Coleman Center A Foundation of Faith Karen Pilarski Heart of Revere	5:30-8:00 p.m.	Cafeteria	all ages
Entertainment Heartbeats Jump Rope Team	5:30-6:00 p.m.	Main Gym	all ages
Face Painting RHS NAHS Students	5:30-7:30 p.m.	Cafeteria	all ages

Breakout Sessions:

6:00-6:30 p.m.
w/repeat at
6:30-7:00 p.m.

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| <p>1. <i>"Doodling for Stress Relief"</i>
Presented by Julia Grandon
Revere High School Senior</p> | <p>Classroom G106</p> | <p>all ages</p> |
| <p>2. <i>"Nutrition, Immunity & Mental Health"</i>
Presented by Kevin O'Mara
Chemist/owner, Midwest Analytical Services
Environmental Management Association
Michigan Environmental Lab Association
American Chemical Society
Owner – Omara's Restaurant (healthy food)
Follower of Gerson Immune Therapy</p> | <p>Classroom B116</p> | <p>all ages</p> |
| <p>3. <i>"Coping Techniques"</i>
Presented by Karen Pilarski, D.O.
Osteopathic Doctor/Blue Zone Medical Division Physician
President, Ozone Company – DrO3me
Anesthesiologist, Pain Management/Gerson Therapy</p> | <p>Band Room</p> | <p>all ages</p> |
| <p>4. <i>"Internet Safety"</i>
Presented by Justin Rotili, Special Investigator with
the Ohio Internet Crimes Against Children Task Force and
Task Force Officer with Homeland Security Investigations/
Scott Dressler, Revere SRO</p> | <p>Classroom C101</p> | <p>adults/children
accompanied by
parents</p> |

Keynote Presentation

"Mental Health: What's Going on in Your Brain?"

7:00-8:00 p.m.

Auditorium

all ages

Hunter Frey-Burkhart
President, KSU Active Minds Chapter
President, KSU Neuroscience Club