

2014 Family Wellness Night Resource List

Activity	Organization	Contact	Email
Physical Activity	Y of Central Maryland	Mike Castrignano	mikecastrignano@ymaryland.org
Physical Activity	The Arena Club	Kathy Wise	kwise@thearenaclub
Zumba		Charrissa Stanfield	charrissa@verizon.net
Zumba		Tiffaney Evans	zumbawithtiffaneyevans@hotmail.com
Zumba		Carmen Weddle	carlilian@yahoo.com
Cooking Demonstration, Nutrition information	University of Maryland Extension*	Quinney Harris	qharris@umd.edu
Nutrition Education School Lunches	Harford County Public Schools Food & Nutrition Services	Karen Olsen	Karen.olsen@hcps.org
Substance Abuse	Harford County Office of Drug Control Policy	Barbara Mason	bjmason@harfordcountymd.gov
*Activity Wheel *Body Fat Analysis *How Sweet it is *Halt the Salt *Blood Pressure *Kids Against Tobacco Use *Glow Germ *Tattoo and Body Piercing Education *My Plate	HealthLink	Judy Lauer	jlauer@uchs.org
Asthma Education	Asthma Foundation	Valerie Nozea	vnozea@asthma-foundation.org
*How Sweet it Is interactive sugar game *My Plate *Community resource for connecting with local health services	Healthy Harford	Bari Klein	bari.klein@maryland.gov
BP Screening Asthma Education	Harford County Public Schools Nursing Staff	Mary Nasuta	mary.nasuta@hcps.org

Helmet Fitting	Greg Krause Helmet Foundation**	Bari Klein	Bari.Klein@maryland.gov
Health Education	Students from North Harford Public Health Class	Jacque Williams	Jacquelyn.williams@hcps.org
Cardiovascular Health	American Heart Association	Kathy Pacella	Kathy.pacella@heart.org
Dental Health	Harford County Health Department	Kathryn Battani	kbattani@maryland.gov
Tobacco Education	Harford County Health Department	Dottie Ruff	dorothy.ruff@maryland.gov
WIC	Harford County Health Department	Kristen Perry	Kristen.perry@maryland.gov
Nutrition information, Healthy snacks	Klein's/Shoprite registered dietician	Laura Natali	Laura.Natali@wakefern.com
Health Education	Harford Tech nursing students	Terri Broemm	Terri.broemm@hcps.org
Fitness Gram Education	Physical Education Staff	Ginny Popiolek or school PE teacher	Ginny.popiolek@hcps.org
Information crime prevention, guns safety, personal safety, prescription drug take back, and child ID cards. The cards have a photo and single print for identification purposes.	Harford County Sheriff's Office Community Policing Unit.	Kevin Thomas	thomask@harfordcountysheriff.org
Natural Family Living	Holistic Moms Nework	Kristina Hayward	harfordhmn@gmail.com

*This service is only available to schools with a sizeable Free and Reduced Lunch population

** Helmet fitting is offered free through volunteers from this organization. Free helmets are occasionally available for distribution depending on available funds.