

# LIVE • LAUGH LAKEWOOD

Community Wellness Day

**LIVE – LAUGH – LOVE – LAKEWOOD – WELLNESS DAY**  
**SUNDAY, JUNE 4<sup>TH</sup>, NOON - 3 PM (SOME EVENTS START IN THE MORNING)**  
**Many businesses will be open and some will be participating with something special events!**

TIME	EVENT OR BUSINESS	LOCATION
7:00-4:00	Healthy Delicious Breakfast and Lunches!	The Lakewood Diner
8:30	Registration/Pick Up 5K, Tag Team 10K	The Fitness Bunker
9:00-11:00	Nothing But Nets Race	The Fitness Bunker
10:00-10:45	Free Pound Class	The Fitness Bunker Lawn
10:00-3:00	Shults Ford Car Give Away	Corner of Fitness Bunker
11:00-12:00	Free Green Zone Class	The Fitness Bunker
10:00-11:30	Free Yoga	Eight Limbs
11:00-12:00	Awards	The Fitness Bunker
12:00-1:00	Free Hip Hop Class	The Fitness Bunker
12:00-3:00	Chautauqua Lake Rowing Association	The Fitness Bunker
12:00-3:00	Independent Health/Give Aways	Tennis Court
12:00-3:00	Edward Jones/ Alzheimer's Awareness Tent	Tennis Court
12:00-3:00	Lakewood Apothecary	Apothecary
12:00-3:00	Forge Health & Performance	Forge
12:00-3:00	Lakewood Laundromat	Laundromat
12:00-3:00	The Copper Bell - Demo of Chalk Paint	Copper Bell
12:00-3:00	Ryder's Cup Coffee	Ryder's Cup
12:00-3:00	Off The Beaten Path Bookstore – display wellness	Bookstore
12:00-3:00	Darling Designer Cuts/wash,cut,style Gift Cert.	Darling Designer
12:00-3:00	Jamestown Area Community FCU	JACFCU
12:00-3:00	Tong Ren Energy Therapy	Lakewood Library
12:00-3:00	Adult Coloring, Puzzles for young and old	Lakewood Library
12:00-3:00	Bag & String Wine Merchants	Bag & String
12:00-3:00	Potential New Business	Side lawn/apothecary
12:00-3:00	Mental Wellness & Awareness	Tennis Court
12:00-3:00	Kidney Walk Association/Awareness Walk July	Tennis Court
12:00-3:00	Jamestown Jammers/Mascot/Autographs	Bunker/Tennis Court
12:00-3:00	Students Poster Contest	Gazebo Park
1:00-3:00	Kids & Laughter/Campbell Dawson MC	Gazebo Park
1:00	CLSCF Sailing/Unveil Boat Carving/Tree Guys	Corner Beach/Boat House

We will be enjoying this day Rain or Shine!  
 For More Information, Visit:  
[www.lakewoodny.com](http://www.lakewoodny.com)

