

MAMAPALOOZA 2010 CELEBRATES WOMEN, MOTHERS AND FAMILIES IN WESTCHESTER

A variety of entertainment, women's health and fitness, family life and green living will highlight the sixth annual **Mamapalooza**, a free music, arts and health festival for women and families on **Saturday, May 22**, from **11 a.m. to 5 p.m.**, at **Kensico Dam Plaza** in Valhalla.

Voted the "Best in Girl Power Event 2009" by *Westchester Magazine*, Mamapalooza is a day of with free helpful information and plenty of activities and services to help empower women, mothers and families. There will also be shopping, fun for kids, and a variety of foods to sample and purchase, and a farmers market. So, bring a chair and blanket and spend the day listening to some great local musicians and learning how to make your life better. There's plenty to do!

Mamapalooza is presented by Westchester County Parks and the County Office for Women.

Admission and parking are free. The event will be held rain or shine.

Health and Fitness

Get geared up for day's events during a Jazzercise that will kick off at 11 a.m. A variety of free **health screenings** such as blood pressure, skin cancer and stroke testing will be offered free of charge. Planned Parenthood will provide teens and young adults with reproductive health care information and free, confidential testing for HIV/AIDS and sexually transmitted diseases (STDs). There will be several opportunities for women to learn about breast cancer and techniques of breast self-examination. You can find out your Body Mass Index (BMI) score and learn how to avoid sports injuries during your workout. Moms can get tips on how to keep their kids healthy and provide nutritious meals for their families.

The County's **Office for Women** will provide information on their monthly workshops for women, programs for Hispanic women, help for victims of domestic violence and resources countywide for women and families. Other organizations will provide information on legal help for women, how to start your own business, help for victims of crime, voter registration and lots more. Pick up information about summer events and programs from **Westchester County Parks** and Visitors Bureau.

Living Green

Find out the latest about all aspects of "living the green life" from recycling and composting to growing your own vegetable garden. Discover the benefits of herbology and the holistic lifestyle of mind, body and spirit. Stop by booths selling natural cleaning products and soaps.

Entertainment

Kacey Morabito, host of 100.7 **WHUD radio**'s morning show, and Catherine Michaels, host of the station's "Night Rhythms," will host the day's entertainment, beginning at 12 noon. Entertainment will feature performances by Antigone Rising, Swingset Mamas, Hastings Blues Mothers and the Pop Stars, along with Skye, Soul Poet, Suburbia Roller Derby, and Dawn Drake, World Percussion and Drums

Women's Marketplace

Shop the women-centered vendors offering everything from handmade jewelry and gifts, make-up and sunglasses to active wear fashions and tee shirts.

For Kids and Families

Kids can enjoy a jumping castle, make their own sand art and learn how to make musical instruments from recycled materials. Kids and their families can also learn how to have fun as you get and stay fit with the county's own **Be Fit Mobile**, a fitness center on wheels, which offers hula hoops, obstacle ladders and Frisbees to show how to have fun as you get and stay fit.

Farmers Market

Bring your market bag and shop a selection of the freshest locally grown produce, baked goods, cheeses and food products.

Rock 'n' Rest Tent

Nursing mothers and their babies can take a break from the day's activities and relax in the tent. There will also be information about the importance of breast-feeding and the benefits it offers to moms and their babies.

Food and Refreshments

Take your pick of several vendors offering food for sale like salads, wraps and veggie burgers to rice and beans and gyros. The concession stand will also be open during the event for sandwiches, pizza, burgers and hot dogs.

There will be free giveaways and raffles for prizes throughout the day.

Mamapalooza 2010 is presented by Westchester County Parks and the County's Office for Women to benefit the Motherhood Foundation, an organization that creates and presents visual, literary and performing arts events for mothers. Sponsors are 100.7 WHUD radio, *Westchester Family*, *Natural Awakenings*, *Parenting Magazine*, Smart-4-Kidz, Pure Organic, Crocs, Fresh Direct, New York's 529 College Savings program, and Friends of Westchester County Parks, Inc.

Kensico Dam Plaza is located at the north end of the Bronx River Parkway in Valhalla and can also be reached via Route 22.

For more information, log on to www.mamapalooza.com or call Westchester County Parks at (914) 864-PARK.

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