

Wellness Fair Helps Educate Community

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Photo by Bill Green

Monty Warsing, right, demonstrates the use of a functional training device, an exercise machine that allows people to get a "real-life" workout, to David Freiss, golf club pro, during a wellness fair Saturday at Musket Ridge Golf Club.

Musket Ridge Golf Course offered more than putting lessons Saturday during the club's first Health and Wellness Fair.

Between 11:30 a.m. and 2:30 p.m., about 100 people milled around Catoctin Hall, picking up brochures and learning about wellness-related products and opportunities.

"We wanted to give back to the community which supports us so well," said Bonnie Swanson, Musket Ridge events [sales manager](#).

As people become more health-conscious, Swanson wants to help educate the public about everything from mind to [body](#).

Fitness resource manager Monty Warsing got his day's workout by demonstrating a functional training device, an exercise machine that allows people to get a "real-life" workout, Warsing said.

"Everybody who has come in here, I've shown something (about the machine) to benefit them," he said.

Nik Reese and Michael Gaines, trainers at Gold's Gym, were on hand to help people learn more about health, and to give out free personal training sessions to fair visitors.

Unsure about what sort of turnout to expect, Swanson said the first-time event could have garnered 20 people, or 200 people.

Chiropractor Mimi McLaughlin, of McLaughlin Family [Chiropractic](#), called the fair a good opportunity to get more information out about health and wellness.

[Frederick](#) Memorial Hospital's Wellness Center was represented by Program Assistant Rachel Bentley and a Derma Scan machine that shows skin damage invisible to the naked eye.

"People really seem to enjoy it," Bentley said of the machine and the sunscreen samples she gave out.

"We thought, it's summertime, the perfect time to address sun [safety](#)."