

FOR IMMEDIATE RELEASE

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**Hancock Shaker Village and Berkshire Health Systems Present
The Health & Wellness Fair on Saturday, September 22**

Day to feature Bloodmobile and Hancock Shaker Village 50 Ultramarathon

Pittsfield, MA—Hancock Shaker Village and Berkshire Health Systems are teaming up to present The Health & Wellness Fair on Saturday, September 22, 10:00am to 2:00pm at the Village. The event will feature talks on health topics ranging from back safety to Vitamin D benefits, a vendor tent with representatives from local wellness-focused organizations, and a blood drive. Concurrent with The Health & Wellness Fair will be the Hancock Shaker Village 50 Ultramarathon, presented in association with race director Michael Menard, which will be the first-ever ultra running event held in the Berkshires.

The health and wellness of individuals were topics of great importance to the Shakers. Hancock Shaker Village President Linda Steigleder notes, “Shakers addressed their own medical needs whenever possible. They created the Order of Physicians and Nurses within their Villages. Also, the outside world looked to the Shakers for new treatments and alternative ways of healing, just as our society today is prone to considering non-traditional methods.”

The Hancock Shaker Village 50 Ultramarathon is a 50-mile race that will begin and end at the Village and travel through the Pittsfield State Forest. Ultramarathon champion Anita Ortiz, recently featured in *Trail Runner* magazine, was the first person to register. Michael Menard says, “Ultra running is about

harmony. It's a very spiritual sport in that it is rarely about who wins, but rather about testing yourself. This is why I thought this sport and Hancock Shaker Village would be a perfect match for each other.” Registration for the race closes on Wednesday, September 19. The fee is \$100. To sign up, see <http://ultrasignup.com/register.aspx?did=16022>.

The Health & Wellness Fair Lecture Schedule:

11:00am “Back Safety” by Jessica Buchinski, DPT

12:00pm “Healthy Habits/Patient Advocacy” by Maureen Daniels, M Ed.

1:00pm “Learn the Signs the symptoms of Heart Attack & Stroke” by Darlene Boyce, NP

2:00pm “Benefits of Vitamin D” by Larry Spatz, MD

The Health & Wellness Fair is free, and admission to the Village is not required for these activities. Blood drive donors will receive a free pass to the museum. To make an appointment to donate blood, please call Lauren at 413.447.2597 x2.

Hancock Shaker Village, the Shakers’ “City of Peace” and a 750-acre, 20 building National Historic Landmark, welcomes approximately 70,000 visitors a year who tour the intact village with historic structures, artifacts, farm setting, and gardens. The visitor experience for adults and children explores the Shaker story. Here tenants of principled living are brought to life, as embodied in the faith-based values of the Shakers – equality, community, sustainability, and responsible land stewardship of their resources—values that resonate today. The Village is located on Route 20 in Pittsfield, MA, just west of the junction of Routes 20 and 41. For GPS purposes, the Village is located at 34 Lebanon Mountain Rd., Hancock, Mass. 01237. Or, enter 1843 W. Housatonic St., Pittsfield, Mass. 01201 then proceed 1/2 mile further West on Rt. 20 to the parking lot.

For more information, see www.hancockshakervillage.org.

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