

Saratoga County Chamber of Commerce Proudly Presents the 2nd Annual Health & Wellness Week

Six Days of Healthy Saratoga Meetups to help you achieve your goals in 2016!

Tuesday
19

Healthy and Happy
*Relaxation Strategies &
Healthy Beer Samples!*

Saratoga City Tavern, 5:30-7:00 p.m.

Wednesday
20

Health & Wellness Expo
*Visit and learn more about local
health & wellness organizations!*

Clifton Park Halfmoon EMS, 5:30-7:00 p.m.

Wednesday
20

Healthy Activities Circuit
Juicing, alignment, cycling & yoga!

Saratoga Cycling Studio, 5:30-7:00 p.m.

Thursday
21

Healthy Food, Wine and Yoga
*Cooking demo, tasting and recipes
with wine samples and yoga!*

Cornell Cooperative Extension, 5:30-7:00 p.m.

Friday
22

Freebie & Discount Friday
*A day to save on Wellness Related
Products and Services*

Check www.saratoga.org/healthy-saratoga
for the list of savings available

Saturday
23

Saratoga Farmer's Market & Health Fair
*Local food and info from local health
and wellness organizations.*

Lincoln Baths, 10:00 a.m.-2:00 p.m.

Sunday
24

Hops & Yoga
Common Roots Brewery,
11:00 a.m.-12:00 p.m.

#healthysaratoga Sponsors:



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Capital District YMCA-
Southern Saratoga
Clifton Park Halfmoon EMS
Common Roots Brewery
Cornell Cooperative Extension of
Saratoga County
Custom Fitness

East West Leadership Coaching
Family Vision Care Center
Galway Rock Vineyard
and Winery
Hard Balance Bodyworks
Healthy Living Market and Cafe
The Joint
Medical Thermography Associates
One Roof Saratoga,
A Holistic Health Center
Reform.
A True Pilates(TM) Studio

Ruby Red Road,
the Easy Way Home
Saratoga Chiropractic
Saratoga City Tavern
Saratoga Cycling Studio
Saratoga Farmers Market
Saratoga Juice Bar
Saratoga Health & Wellness
Saratoga Regional YMCA
Takaction LLC
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*As of Friday, December 18, 2015