

WALK-ABOUT Wellness

MAY 16TH
THIRD THURSDAY

3-MILE WALK

Follow the numbers to
start and end here.
THAT LITTLE PLACE ON MAIN



Bring a refillable water bottle.
Walk alone or with a group.



Refill water bottles at the
Yoga & Wellness water station.



Stop and get your blood
pressure checked at the Little
Falls Fire Department.

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SPONSORED BY LITTLE FALLS HOSPITAL

- 1 Body Siense • 54 W Main St**
Tara Arduini, LMT • Andrea Boshart, LMT • Becky Case, LMT
Natasha Millman, LMT • Lindsey Dillenbeck, LMT • Shelby
Graves, LET • Sara Dipaolo, LMT
- 2 Tang Soo Do of Central NY • 80 W Main St**
Michael Molinaro, 7th Degree Master • Christa Molinaro, 3rd
Degree Master & LMT • Thomas Molinaro, 3rd Degree Master
Zack Coffin, 3rd Degree Master • Joseph Roy, 2nd Degree
Master • Tucker Lester, 2nd Degree Master • Kirk Coffin, 2nd
Degree Master • Brady Izzo, 1st Degree Master • Sean
Green, 1st Degree Master
- 3 Fitness Farmacy • 441 W Main St**
Krista Kozma, M.ED,LMT,CPT • Mel Zorbrist, CPT • Calee
Zennamo, PT • Robin Klimacek, PT • Joy Presta, PT •
Anislee Looman, PT • Bre Keblish, PT • Lisa Petrie, LMT, PT
Renee Perch, PT • Alyssa Papaleo, DPT
- 4 Kress Physical Therapy • 175 W Main St**
Kevin Kress, DPT • Alyssa Papaleo, DPT • Sean Pirnie, PTA
Heather Raymond, PTA
- 5 Yoga & Wellness • 27 W Main St**
Marchell Scarano, MT, CYI, PT • Justina Franco, CYI • Lisa
Gallagher, CYI • Fred Ulrich, Master Tai Chi • Shi Heng Shan,
Kung Fu Master • Carol Parks, ST
- 6 Just Dance Studio • 525 Albany St**
Alicia Dodge, Dance Instructor • Hope Miller, Dance Instructor

- 7 Community Co-op • 589 Albany St**
- 8 Little Falls Fire Department • 659 E Main St**
- 9 Little Falls YMCA • 25 Jackson St**
Cheryl Liddon, PT • Michelle Burton, PT • Katy
Trombley, PT • Dawn Zitoli, PT • Bart Carrig, CT
Jeff Whittman, CT • John Cotter, NT • Daisy Null, CT
Rita Rose, CT • Lisa Sarto, Aquatics • Barb Smith,
Aquatics
- 10 Pilates Contrology Studio • 608 E Main St**
Nannette de Claremont-Forteza, CPI
- 11 CrossFit PSE • 586 E Main St**
Toni Licari, CF-L1 • Caitlin Handy, CFT • Sue Wallace-
Eaton, CFT • Scott Seeberger, ST • Lisa Lauritsen,
Yoga



This 3-mile walk takes you on route to visit and collect information on the diverse health and wellness businesses.

Walkers who visit every business will be entered in a drawing to win a gift basket with products and gift certificates from participating businesses. Be sure to ask businesses to hole punch the number for their business in the squares to the right of the map.