



The Seaford Wellness Council is a 501c3 non-profit organization which is comprised of citizens of Seaford including teachers, business owners, local government leaders and parents. We are united by a common goal that encourages positive change in our community.

MISSION STATEMENT

Our goal is to assist in the improvement of the Seaford community's quality of life by promoting general community wellness, including, but not limited to the following:



BEAUTIFICATION

Organizing, promoting and carrying out endeavors which beautify the community and environment, as well as beautifying and improving parks and other public places of gathering with the purpose of fostering healthy interaction, socialization and fellowship within the Seaford Community.

ACTIVITIES

Organizing activities that promote health such as having Community Walk/Runs and Fairs. Our 17th Annual Seaford Wellness Hot Chocolate 5K Run/Walk will be held at 9:00AM on December 4, 2021.

HEALTH & WELLNESS EDUCATION

Creating activities and presentations which address issues of substance abuse, nutrition, smoking, gender bias, violence and physical and mental health. We are a sponsor of the Seaford Robotics Team.

**17th Annual Seaford Wellness
Hot Chocolate 5K Run/Walk**
will be held on
Saturday, December 3rd, 2022 at 9:00AM
at Seaford High School

We welcome you to attend our next meeting in September. Please contact Michael Di Silvio at: mjdisilvio@yahoo.com or 516-384-8536 to get an invitation, or visit our website www.seafordwellness.com for updates on meetings, activities, etc.

The distribution of this flyer by the Seaford School District is a courtesy extended to the activities of this organization. In no way does the Seaford School District sponsor or accept any responsibility for these activities.