

# Sonnewald Farm to hold 'Naturally Healthy' event Oct. 8

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Weekly Record

Updated: 09/28/2011 01:28:07 PM EDT

From reiki to fitness, various health practitioners and educators will be sharing their knowledge about healthy living at Sonnewald Farm's "Naturally Healthy" celebration.

The family-owned and operated farm is holding the free event from 10 a.m. to 5 p.m. Oct. 8 at 1516 Lefever Lane, North Codorus Township.

The event will feature a variety of healthy-living exhibits by local educators and practitioners. Each participating educator and

practitioner will have his or her own booth. There will be healthy food options from local vendors, music and children's activities. Activities for kids include guided exercises with Highpointe Fitness Studio, play time with kittens from Heavenly Paws Animal Shelter and face painting.

According to event coordinator Diana Dykes, Sonnewald Farm has been planning this event for several years.

"All of the customers that come in the store are all looking for something to think about, a different idea, other than taking a drug that a doctor prescribes. Or just something that might help them before they end up there. Sometimes the prescription might be the best option," Dykes said. "But this is going to give people the best of both worlds, the best of our medical community and the best of people who deal with these health issues on a regular basis. Even children with attention deficit hyperactivity disorder, we can do a lot for. We want to put the practitioners with the people who need them -- whether it's to help with nutrition or avoiding blood-pressure medication."

Dykes said that there are enough activities for kids so their parents can have time to discuss health questions with participating practitioners.

There will be health practitioner booths that are geared more to seniors with special challenges, according to Dykes. She said the challenges discussed could include anything from high cholesterol, arthritis and body pain and Alzheimer's. Dykes suggested AseraCare Hospice and the Visiting Nurse Association booths for seniors who would like to discuss those kinds of health issues.

Willa Lefever will talk about her vision for the future of Sonnewald at 11:15 a.m., and Grace Lefever will share the history of Sonnewald at 2:15 p.m. during "Naturally Healthy."



Riley Lawton, 10, looks over a shopping list as she and her father, Mark, rear, pick out produce in July at Sonnewald Natural Foods . Sonnewald Farm will be having a Naturally Healthy celebration on Oct. 8. The event will feature various local health educators and practitioners. (WEEKLY RECORD JASON PLOTKIN)

Megan Donley of Megan and The Wheelmen, Mark DeRose and Cindy David and Art Wachter will perform through out "Naturally Healthy." Dykes said the music will be very soothing.

Christy Delp from the former Deliciously Nutritious Café at Central Market in York will be at the event, serving up healthy food.

"Naturally Healthy" visitors will be able to picnic at the site of Sonnewald Farm, but Sonnewald Farms asks for guests to bring washable place settings to create as little waste as possible.

The Sonnewald Natural Foods store will be open from 8 a.m. to 5 p.m. The store has a wide selection of local produce, vitamins and healthy bulk-food items.

An event parking area can be found on Lefever Lane from Stoverstown Road. Sonnewald Farm asks its guests to refrain from parking in the store lot during the "Naturally Healthy" celebration.

This is the first year for the "Naturally Healthy" event at Sonnewald Farm and Dykes hopes it will continue.

"This is something we feel really strongly about," she said. "We really want to help people take control of health in their own lives, to help and to say that these are your own bodies. We love to see people empower themselves."

## Vendors

"**NATURALLY HEALTHY**" will have several health educators and practitioners from around the area. For details, visit [www.sonnewald.org](http://www.sonnewald.org).

- Brain Balance of York
- Mind/Body Health Consultants, Dr. David Frederick
- The Halifax Center for Holistic & Cosmetic Dentistry, Dr. Pentti Nupponen
- Leada Dietz, LOM
- Jody Apalaghie, Ionic Foot Baths
- New Energy Way
- The Sound of Healing
- Reflexology by Jeanne Gangloff
- PA School of Spiritual Healing
- Energy Body Works, Asha Scatchard
- House of Reiki, Judy Harris
- New Oxford Botanical, Marcia Fowler
- PA Myotherapy Institute, Wilhelmina Blank
- AseraCare Hospice
- The Lily & The Rose, Sacred Healing Ceremonies
- I Got An Herb For That, Jane Calcina-Clinton
- Lotus Moon Yoga, Megan Donley
- Healing Hands for Body & Soul, Cindy Andruscavage
- Massage Modalities, Sherri Dietz
- Natural Alliance
- Highpointe Fitness Studio
- Visiting Nurse Association of Hanover and Spring Grove
- Heavenly Paws Animal Shelter
- Local nutritionists