

FOR IMMEDIATE RELEASE

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Pittsburgh North Regional Chamber Invites Community to November 6th Health & Wellness Fair at Pine Township Community Center



Presented By



WEXFORD, Pa. – Thursday, Oct. 30, 2025 – The Pittsburgh North Regional Chamber (PNRC) invites the community to join them for their 2025 Health & Wellness Fair, Presented By Allegheny Health Network (AHN) Wexford and Highmark Blue Cross Blue Shield, on **Thursday, November 6, 2025**, 10:00 a.m.-1:00 p.m., at the Pine Township Community Center.

This annual PNRC Community Event brings together health-focused businesses, wellness professionals and community members for a day of learning, connection and inspiration centered on living a healthier life.

Health & Wellness Fair Highlights:

- Enter to win an Apple Watch SE 3, compliments of the PNRC and JIL Solutions
- Goodie bags to the first 150 guests, compliments of AHN Wexford/Highmark
- Health screenings
- Flu and COVID-19 vaccine clinic
- Mission Mahi food truck
- Relaxation room with sound bowl, meditation, and more
- 40+ vendor tables

Guests are encouraged to bring non-perishable food items to donate to North Hills Community Outreach, in an effort to alleviate the effects of food insecurity on the Pittsburgh North region. Items in

high demand include snacks, pasta, pasta sauce, peanut butter, macaroni and cheese, tuna and cereal.

The Health & Wellness Fair is free and open to the public, offering something for every stage of life. Attendees will be able to explore a diverse range of vendors showcasing products, services and resources that promote physical, mental and emotional well-being.

Scheduled to appear are representatives of local fitness centers, medical providers, nutrition experts, mental health professionals, travel experts, and more. Visitors can take advantage of free health screenings, product samples, and interactive demonstrations designed to help them take positive steps toward healthier living.

“Each year we are pleased to showcase our amazing health and wellness vendors who make it their mission to keep our residents healthy and well-educated on a wide range of topics. We live in a strong, vibrant community, and I believe folks are interested in making healthy lifestyle choices to ensure they enjoy every aspect of their lives,” says PNRC President Denise Martin.

“We are honored to host the Health & Wellness Fair and sincerely thankful for our partnership with our Presenting Sponsor, AHN Wexford/Highmark, the use of the Pine Township Community Center, and all the vendors and guests we will welcome on November 6th.”

Contact Lorry Perkins, Director of Events and Programs, at lperkins@pghnorthchamber.com or 724-934-9700 x15 for more information.

**2025 Health & Wellness Fair
Presented By AHN Wexford & Highmark**

Date: Thursday, November 6, 2025

Time: 10:00 a.m.-1:00 p.m.

Location: Pine Township Community Center

Registration Information: Open to the public

About the Pittsburgh North Regional Chamber

The Pittsburgh North Regional Chamber (PNRC) is the leading regional voice and advocate for business growth and economic prosperity for more than 800 organizations spanning northern Allegheny, Beaver and Butler Counties. The PNRC offers a variety of programs, events and services that support businesses, nonprofits and entrepreneurs by connecting them to valuable resources that foster a thriving business environment. Learn more at pghnorthchamber.com.

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