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Southampton Hospital Foundation's 3rd Annual Summer of Wellness to Feature DanceBody, Pickleball Tournament and More!

by Veronica Chumbi in Recreation, Trending



Last year's Summer of Wellness DanceBody Class I Photo credit: The Southampton Hospital Foundation.

Southampton Hospital Foundation's 3rd Annual Summer of Wellness will take place at Southampton Youth Services (SYS) on Saturday, July 19, from 8 a.m. to 11 a.m.

"It's exciting to see the event take place at SYS for the first time," said Caitlin Diebold O'Connell, who is hosting the Elements Barre Fit class. "Hosting it in a community-centered space underscores what the day is really about—coming together to support wellness and healthcare close to home."

Presented by the Southampton Hospital Foundation's Vision Board, this energizing morning features a full lineup of movement and wellness offerings, including a pickleball tournament sponsored by Nest Seekers International and LSC Design, Ltd., Mat Pilates, DanceBody, Elements Barre Fit, spin, yoga, massage, and more.

"I'm thrilled to co-host the inaugural pickleball tournament with Kingsley," said Elizabeth Bowden. "It's a great way to bring people together around movement and community, while supporting an important cause."



"Pickleball adds a dynamic element to the Summer of Wellness, giving people of all skill levels a chance to connect, stay active, and support an important cause in our community," added Kingsley Crawford.

Class-goers will receive a complimentary t-shirt, as well as Scott's Protein Balls, LMNT electrolytes, and Once Upon a Coconut water to keep them fueled and hydrated.

"I'm happy to be back hosting the DanceBody class for the third year," said Brooke Bohnsack. "It's such a fun and empowering way to move, and I love being part of an event that brings the community together in support of health and wellness on the East End."

Summer of Wellness Schedule:

8:00 a.m. – **Mat Pilates** led by Stony Brook Southampton Hospital Wellness Institute’s Leisa Taylor

8:30 to 10:30 a.m. – **Pickleball Tournament** (recreational players from 8:30 a.m. to 9:30 a.m. and advanced players from 9:30 a.m. to 10:30 a.m.)

8:45 a.m. – **DanceBody’s Sculpt** led by COO and Co-Founder Courtney Mariani

9:00 a.m. – **All Levels Hatha Yoga** led by Stony Brook Southampton Hospital Wellness Institute’s Kelly DeRoches

9:30 a.m. – **Food as Medicine – “Taste the Season”**

10:00 a.m. – **Elements Barre Fitness’ Barre + Sculpt** led by Founder Andrea Fornarola

8:00 a.m. to 10:45 a.m. – **Acupressure and Massage** with acupuncturist Margaret A. Ianacone, DAOM, CNC, LAC, and massage therapist Loretta Dalia, LMT, from Stony Brook Southampton Hospital’s Ed & Phyllis Davis Wellness Institute

Tickets range from \$15 to \$60. Attendees must bring their own mats to the classes.

For more info, visit SummerofWellness2025.
