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# Southampton Hospital Foundation's Vision Board Hosts Third Annual Summer of Wellness at Southampton Youth Services



9 Photos

Staff Writer on Jul 22, 2025



Presented by the Southampton Hospital Foundation's Vision Board, the third annual Summer of Wellness took place at Southampton Youth Services (SYS) on Saturday.

This morning event featured a full lineup of movement and wellness offerings, including a pickleball tournament sponsored by Nest Seekers International and LSC Design, Mat Pilates, DanceBody, Elements Barre Fit, yoga, massage and more. Classes were hosted by Vision Board Members, including Brooke Bohnsack, Elizabeth Bowden, Kingsley Crawford, Caitlin Diebold O'Connell and Lynn A. Scotti.

Class-goers received a complimentary T-shirt, JECT mini drops and Surface Deep Anti-Odorant wipes, as well as Scott's Protein Balls, LMNT electrolytes and Once Upon a Coconut water to keep them fueled and hydrated.

The Summer of Wellness is spearheaded by the Foundation's Vision Board, a collective believing access to high quality health care on the South Fork is a priority and a cause worth supporting. All the proceeds from the Summer of Wellness benefit Stony Brook Southampton Hospital.