Co-op City Church / The Korean Health Team and REACH-NYC Unite in Bronx, NY for a Healthy Eating and Living Wellness Event!
On Friday, July 22, 2011 the temperature hit a record 105 degrees in the Bronx, New York City. The heat index was at 115 degrees. This was the perfect day to hold "The Co-op City Wellness Event".

Co-op City is home to over 50,000 residents living in 15,372 residential units in 35 buildings that make up the Co-op City complex of this city within a city.

Under the direction of Pastor Okezie Erondu who is the pastor of the Co-op City Seventh-day Adventist Church and coordinator of the event Cheryl Silvera, an exciting "Wellness Event" was held in Dreiser Auditorium. In a joint venture with the RiverBay Corporation who runs Co-op City and the City of New York, an event conceived to help bring healthy life-style concepts and various health initiatives to this community in the Bronx, one of the boroughs of New York City. The event came together in an amazing display of what can be accomplished in New York City with various groups coming together for the greater good.

In New York City, it is the hope and ministry of REACH-NYC to help bring teams together in an effort to help each other help our fellow New Yorkers. In a matter of days, soon after Okezie confirmed with the City of New York and RiverBay that a large auditorium had been secured for the event, a call went out for support for this exciting project. The call was answered by a team of dedicated New Yorkers.

Uniting the talents of members of Co-op City Church, The Korean Health Team under the direction of Nelia Wong and Pastor James Wong and additional support of the REACH-NYC ministry outreach team and the experience of chef Marlene Romeo and friends from church groups from Queens, NY, the event was a fantastic success.

Nelia Wong and her team from the Korean Church in New York City provided health experts from various fields, who instructed attendees in various aspects of healthy living.
Here are just a few photographs of the event, that the ministry of REACH-NYC hopes will be a model of how various groups can come together and unite the talents of many people to bring wellness and the Gospel to those living in Greatest City in The World - New York City.

Pastor Okezie Erondu left and members of his Co-op City Church with Pastor James and Nelia Wong and The Korean Health Team. Other participants included Marlene Romeo from REACH-NYC and NYC Department of Health participants as well as a large venue provided by RiverBay Corporation, Co-op City.

Blood pressure check was one of 11 different health stations were The Korean Church Team gave great care.

Photo Left: Breathing Test Station.
The Bronx has the highest incident cases of Asthma in the New York City area and this condition affects adults as well as a growing medical problem among children.

Photo Left: Children enjoy the taste of "real food" not "fast food." They seemed to love every bite of what for some of these children, were the first time they had tasted whole grain bread and really fresh fruit.

Photo Left: Instructor Johanina De More told the children about the benefits of eating whole foods, fresh fruits and veggies. "It is important to start your day with a healthy breakfast."
Photo Left: Marlene Romeo of REACH-NYC gave a seminar on how to make delicious and healthy food the whole family could enjoy. Recipes were handed out so participants could bring these health tips home and share with family members.

Photo Left: Chop...Chop...Chop. Chef Marlene Romeo prepares fresh Kale for the seminar demonstration.

Photo Left: A young member of the Korean Health Team helps share the freshly made organic food with eager participants who waited on line for the amazing food. Samples included, Quinoa and Spring Vegetable Tabouli Salad, Chopped Kale with Ginger Dressing and a delicious Vegetarian Multi-Grain Burger. No animals were harmed in the making of these fine foods.
Photo Left: Eager participants waited on line to sample a taste of each dish that was prepared right in front of their eyes. "Looks good to me" said one participant. "Can I try another sample please?"

Photo Left: Pastor Okezie Erondu worked with Michelle Sajous of RiverBay and Co-op City who donated the large auditorium space for the Wellness Event. Okezie works with community groups to make his church a friendly participant in neighborhood events.
Polly Cornelius of Better Living Being, welcomed guests as they arrived for the event and spoke about the benefits of shopping for fresh food at New York City's many Green Markets.

Photo Left:  
"I'll take some of that and that and a bit more of that."

Photo Left:  
Instructor Benjamin Joseph of Co-op City Church not only looks healthy but at the Exercise Station he introduced others to the benefits of daily exercise and the health benefits that it can bring.

Photo Left:  
Perhaps the most popular station was the one where a stressed out New Yorker could just relax and enjoy the rubbing touch of a few
Photo Left:
Left to right - Pastor Okezie Erondu of Co-op City Church, Pastor Tony Romeo of REACH-NYC and Pastor James Wong from the Korean Church are a Band of Brothers as they combined their forces to share in the outreach efforts of Okezie's vision for the Bronx event. NYC can only be ministered by combining and sharing the resources of many hands working as one. This is the ministry and vision of REACH-NYC.

Photo Left:
When you share a good and healthy life-style with joy and compassion, even a young boy can have fun learning about good nutrition. It was a fun filled day for this young man. Who knew whole grains could taste so good?

It was an amazing day at Co-op City. Home to over 50,000 New Yorkers, in 15,372 residential units, living in a complex of 35 buildings. Co-op City is a ministry that will continue to receive the...
Gospel in practical ways that reach the felt needs of those who live here from caring, compassionate neighbors that join together to share what they know with others.

The ministry of REACH-NYC can only continue its outreach efforts with supporters from around the world who make programs such as this possible.

Currently, REACH-NYC is working in small groups in Queens, the Union Square area of Manhattan on East 15th Street, as well as monthly healthy eating seminars provided in the heart of Manhattan on West 40th Street.

We look forward to sharing other reports with you our supporters from time to time. New ideas for ministry are being planned for future events here in New York City.

To help us in this work, please send a tax deductible contribution made out to "REACH-NYC" and mailing it to:
REACH-NYC
P.O. Box 651
North Salem, NY 10560

May God give you peace and a vision for ministry to others where you live and work.

Blessings to you.

This Saturday, July 23, 2011
The Chapel At Union Square
123 E. 15th Street, NYC / 11:15 A.M.

Looking for a loving and intimate church family?
You just found it.
Saturday Morning, July 23, 2011 / 11:15 A.M.
The Chapel At Union Square
123 East 15th Street / NYC / Between Irving Place and Third Ave.

Join the gathering at The Chapel At Union Square on Saturday morning, July 9 as we continue Part 4 of our focus on Jesus.

Enjoy the conversation about Jesus Christ followed by a delicious lunch featuring some down home food.

11:30 a.m. Worship Experience / Music / Prayer
-- A Conversation with the Word --
"Sharing the Gospel of Peace - Part 4"
Tony Romeo, Pastor

Meet together with our group of nice, loving people this Saturday to share in the message of hope that Christ came to give each one of us.

Join us for a simple vegetarian luncheon in the Mezzanine / Library after the service at 12:45 p.m. Invite your friends to enjoy a relaxing morning with us in the peaceful atmosphere that is The Chapel At Union Square, New York City

The Chapel At Union Square.
Where thinking and Jesus Christ are always welcome.

Traveling here by car?
There is a parking garage on the south side of East 18th Street, in the middle of the block between Irving Place and Third Avenue, where you will be able to park your vehicle from the time you arrive until 7 p.m., for the reasonable fee of $11.00. (See attendant for details.)

There is also street parking with payment via metered parking machines located in the area.

Click on the link below to view the REACH-NYC website:
reach-nyc.com

Help REACH-NYC grow and reach out to the people of New York City. PayPal is a safe and easy way to donate to REACH-NYC.
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Thank you for your contribution* to REACH-NYC and for helping to meet the needs of others.

*All donations are fully tax deductible.