

BUFFALO CENTRAL TERMINAL

FOR IMMEDIATE RELEASE
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This Week at the Central Terminal: FREE Summer Concert Series & Fitness Day

BUFFALO, NY – The Buffalo Central Terminal is set to host two FREE community events this week on the Great Lawn: ‘Central Terminal Summer Concert Series’ and ‘Health is Wealth.’ The final performance in the **Summer Concert Series is Thursday, August 10th from 5:00 pm to 8:00 pm** featuring Jazz, R&B, Latin, and Merengue music from artists Will Holton, RNSM, and Celina Graves. Saturday, **August 12th from 9:00 am to 12:00 pm** is ‘**Health is Wealth**’, a morning of FREE yoga, fitness bootcamp, martial arts demonstration, Y on the Fly activities, GoBike repair and rodeo, and more from local community health vendors.

Central Terminal Summer Concert Series

Date: Thursday, August 10, 2023
Time: 5:00 pm to 8:00 pm
Location: Buffalo Central Terminal Great Lawn
495 Paderewski Drive
Buffalo, NY 14212
Cost: FREE



Will Holton is a Buffalo-bred saxophonist who draws inspiration from Jazz, R&B, and Soul artists. An ambassador for the country’s largest Juneteenth Festival, he has also performed at statewide music festivals including Buffalo’s Pine Grill Reunion, Rochester’s Roc the Park and Afrikan American Festivals, Syracuse’s CNY Jazz Festival, and annual performance in White Plains, NY, and Washington DC.



RNSM is an unparalleled group of Buffalo musicians, performing as a trio, quartet, or quintet. RNSM’s sound is a refreshing fusion of several genres—from Funk, Jazz, and Pop to R&B – and it is Latin Rhythms that continue to drive the band’s unique sound.



Celina Graves was born into early 90's music, surrounded by the funky sounds of new R&B, jazz, hip hop, and the music of her father, who as a professional musician, played and wrote at home. California-born and bred, Celina strives to inspire people to be themselves and never change for anyone or anything. In addition to progressing to the semifinal round of season 15 of Americas Got Talent T.V. show, she sang the National Anthem for the 2020 San Diego MLB Playoff game and their 2021 season opener along with the MLS LA Galaxy game.

Health is Wealth Day

Date: Saturday, August 12, 2023

Time: 9:00 am to 12:00 pm
9:00 am to 10:00 am – FREE Yoga from HEAL BFLO
10:00 am to 10:45 am – FREE Fitness Bootcamp from GCOPE Fitness

Location: Buffalo Central Terminal Great Lawn
495 Paderewski Drive
Buffalo, NY 14212

Cost: FREE

The Buffalo Central Terminal is proud to promote healthy bodies and minds in the community with 'Health is Wealth,' a Health & Wellness Day on the Great Lawn. This morning includes FREE:

Yoga from HEAL BFLO from 9:00 am to 10:00 am;
Next Level **Bootcamp** from GCOPE Fitness from 10:00 am to 10:45 am;
Mixed Martial Arts (MMA) demonstration from Western New York MMA & Fitness;
Y on the Fly from the YMCA; and
Bike Repair, Rodeo, and Safety from GoBike Buffalo.

Additional Community Health & Wellness Partners attending include:

Spectrum Health & Human Services
Nacán Life and Wellness
True Vibe Mental Health Counseling PLLC
CSL Plasma
BRICK Buffalo
Grace House
Erie County Health Department
Harm & Reduction | BFLO Resilience
Veterans Outreach Program Specialist (VOPS) for the Buffalo Vet Center
EPIC - Every Person Influences Children

Melanted Moms
VA Western NY Healthcare System
Evergreen Health Services
CSL Plasma
Parent Network of WNY

The 2023 season of events at the Buffalo Central Terminal is sponsored by East Side Avenues, KeyBank, Councilmember Mitch Nowakowski, Legislator Howard Johnson, Lawley Insurance, Moog, Inc., and Beau Fleuve Music & Arts. This program is also made possible with funds from the Statewide Community Regrant program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by Arts Services Inc.

For more information and event updates, please visit the Buffalo Central Terminal website at www.buffalocentralterminal.org/events/.

BUFFALO · CENTRAL · TERMINAL
SUMMER
CONCERT
Series

AUG 10

5PM TO 8PM
495 PADEREWSKI DR

JAZZ / LATIN / R&B

5:00 - MUSIC PLAYING
while you park, find your seat, & get something to eat

5:30 - WILL HOLTON
6:15 - RNSM
7:15 - CELINA GRAVES

SPONSORED BY

EAST SIDE AVENUES Council Member Mitch Nowakowski
MOOG
Lawley Legislator Howard Johnson
Arts Services
Council on the Arts
KeyBank
Van Taylor Production
BEAU FLEUVE

**BUFFALO
CENTRAL
TERMINAL**

**HEALTH
IS WEALTH**

**Sat. Aug 12th
9am-12pm**

**FREE FITNESS CLASSES &
COMMUNITY VENDORS**

Spectrum Health & Human Services
Nacán Life and Wellness
True Vibe Mental Health Counseling PLLC
CSL Plasma
BRICK Buffalo
Grace House
Erie County Health Department
Harm & Reduction | BFLO Resilience
Veterans Outreach Program Specialist (VOPS) for
the Buffalo Vet Center
EPIC - Every Person Influences Children
Melantend Moms
VA Western NY Healthcare System
Evergreen Health Services
CSL Plasma
Parent Network of WNY

YOGA
9am - 10am

HEAL
Health | Energy | Art | Love
B F L O
YOGA

**FITNESS
BOOTCAMP**
10am - 10:45am

INEXT LEVEL BOOTCAMP
CORE FITNESS

**MARTIAL
ARTS**

WNY
MARTIAL ARTS & FITNESS

**Y ON
THE FLY**

the
YOGA

BIKING

GOBike

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About Central Terminal Restoration Corp.

The [Central Terminal Restoration Corp.](#) (CTRC) is a 501c3c non-profit organization driven by a mission to develop the Buffalo Central Terminal – a majestic historic landmark – as a lasting cultural and economic hub for the community. The CTRC has cared for this living landmark for more than 20 years. A prominent feature of Buffalo’s East Side and the Broadway Fillmore neighborhood, the Buffalo Central Terminal is a singular catalytic opportunity to ignite a shared vision for a new future. The 2021 community-driven Master Plan re-establishes the Terminal as a vibrant local and regional destination—a beacon that attracts people and investment, celebrates and fosters community voice, and shapes broader equitable development. More information and photos can be found in the [CTRC Media Kit here.](#)