

BUFFALO CENTRAL TERMINAL

FOR IMMEDIATE RELEASE

August 12, 2023

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Health is Wealth: FREE Community Fitness Day on the Central Terminal Great Lawn

BUFFALO, NY – Today, Saturday, August 12th, the Buffalo Central Terminal is hosting ‘Health is Wealth,’ a morning of FREE community fitness activities on the Great Lawn from 9 am to 12 pm. The morning will include yoga, fitness bootcamp, martial arts demonstration, Y on the Fly activities, GoBike repair and rodeo, and more from local community health vendors.

Date: Saturday, August 12, 2023

Time: 9:00 am to 12:00 pm

9:00 am to 10:00 am – FREE Yoga from HEAL BLFO

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 **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:

Buffalo Urban League
Melanted Moms
Spectrum Health & Human Services
Evergreen Health Services
Erie County Health Department
EPIC - Every Person Influences Children
Nacán Life and Wellness
True Vibe Mental Health Counseling PLLC
CSL Plasma

BRICK Buffalo
Grace House
Harm & Reduction | BFLO Resilience
Veterans Outreach Program Specialist (VOPS) for the
Buffalo Vet Center
VA Western NY Healthcare System
CSL Plasma
Parent Network of WNY
My Wining Lifestyle

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 <http://www.buffalocentralterminal.org/events/>.

**BUFFALO
CENTRAL
TERMINAL**

**HEALTH
IS WEALTH**

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

**FREE FITNESS CLASSES &
COMMUNITY VENDORS**

Spectrum Health & Human Services
Nacón Life and Wellness
True Vibe Mental Health Counseling PLLC
CSL Plasma
BRICK Buffalo
Grace House
Erie County Health Department
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Veterans Outreach Program Specialist (VOPS) for
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CSL Plasma
Parent Network of WNY
My Wining Lifestyle
Buffalo Urban League

YOGA
9am - 10am

HEAL
health | energy | art | love
B F L O
YOGA

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

NEXT LEVEL BOOTCAMP
| SCOPE FITNESS

**MARTIAL
ARTS**

WNY

**Y ON
THE FLY** the **Y**
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](#).