

Sunnyside's 8th Annual Wellness Day: A Celebration of Mind, Body, and Spirit

Sunnyside's 8th Annual Wellness Day was a vibrant celebration of all aspects of wellness—physical, mental, and emotional. This year's event was more engaging than ever, offering residents and staff an opportunity to refresh their bodies, uplift their spirits, and connect as a community.



What started as a milestone marking Sunnyside's transition to a tobacco-free campus has grown into a cherished tradition. The day was filled with diverse events designed for every interest and fitness level. From Seated Exercise Classes to Chair Yoga and Aromatherapy, there was something for everyone to enjoy.



Foodies were delighted with a delicious Yogurt Bar and Veggie & Hummus Station, while sweet treats like cocoa energy balls and dark chocolate strawberries satisfied those with a sweet tooth. Wellness activities, including the Virtual Reality Headset experience and Line Dancing, kept spirits high and bodies moving.



In addition to fun activities, Wellness Day also highlighted Sunnyside's core values through the SHINE Station, which showcased what makes this community so special.

As always, all events, snacks, and activities were free for residents and staff, reinforcing that wellness isn't just a concept—it's a way of life at Sunnyside.