

Wellness in Action: Bridgeway Hosts Energizing Wellness Fair for Persons Served

On Tuesday, April 14, 2026, Bridgeway Behavioral Health Services hosted a vibrant Wellness Fair at its Union location, led by Natalie Quelopana-Castillo, BA, Senior Wellness Specialist, and a dedicated staff committee.

Held at Bridgeway's 373 Clermont Terrace, Union, NJ location, the event welcomed more than 40 individuals for an afternoon centered on movement, mindfulness, and whole-person well-being. From arrival through the final raffle, the experience was intentionally designed to promote connection, healthy habits, and practical skills participants can carry into their daily lives.

The schedule featured a range of engaging activities, including guided stretching, meditation sessions, a wellness walk, and a high-energy Zumba class. A Gratitude Wall encouraged reflection and positivity, while nursing staff provided vitals checks. Healthy snack stations, including smoothies and yogurt parfaits, were available throughout the event, along with hydration support for those participating in outdoor activities.

The energy throughout the day was unmistakable. As Nancy Schneeloch, Vice President of Supportive Housing, Homeless Outreach and Justice Involved Services, shared, it was "such a fun, energizing, and thoughtfully put-together event," where "you could see how much everyone was enjoying themselves while also picking up valuable skills to support their well-being."

The event also reflected strong collaboration across teams, with staff supporting participation and engagement throughout the day. Nancy offered "a special shoutout to Natalie for doing such a wonderful job chairing the committee," recognizing the leadership and care that brought the event to life.

This Wellness Fair is a strong example of Bridgeway's commitment to person-centered care, creating opportunities that support recovery while building joy, confidence, and community. With enthusiasm already building, staff are encouraged to watch for opportunities to participate in a potential fall event.