

Joy Bauer Brings Yummy Yoga to Children at Cerebral Palsy of Westchester

National Nutrition Expert and Rye Brook Resident tempts kids to eat healthy and exercise

October 25, 2019, Rye Brook, NY – This morning Joy Bauer, of NBC’s *TODAY Show* and the host of NBC’s *Health + Happiness*, along with yoga instructor Jodi Hurwitz, made a special visit to the students of the BRIDGE School of Rye Brook at Cerebral Palsy of Westchester’s David G. Osterer Center. Bauer discussed healthy eating and exercise to the students and read from her new book, *Yummy Yoga: Playful Poses and Tasty Treats*, while Hurwitz led the students in some gentle yoga. The students and staff were thoroughly engaged, trying out different exercises and calling out the names of the healthy foods they like to eat. Bauer will be hosting CPW’s upcoming A Taste of Westchester: A Wine and Food Tasting Event on November 11, 2019 at the Renaissance Westchester Hotel in West Harrison, NY. Tickets for A Taste of Westchester are available at taste.cpwestchester.org.



Joy Bauer, center-hugging students, and Jodi Hurwitz, palms together, with students and staff of CPW's The BRIDGE School at Rye Brook.
Photo by T. Levinson

Joy Bauer, MS, RDN, is a local Rye Brook celebrity and one of the nation’s leading health authorities. She is the nutrition and healthy lifestyle expert for NBC’s *TODAY Show* and the host of NBC’s *Health + Happiness*. Joy is also a monthly columnist for *Woman’s Day* magazine, the official nutritionist for the New York City Ballet and the creator of JoyBauer.com. Joy is a New York Times bestselling author with 13 bestselling books to

her credit, including *Joy's Simple Food Remedies*. Her new children's book, *Yummy Yoga: Playful Poses and Tasty Treats*, encourages young kids to try healthy new foods and energizing exercise in a playful and engaging format.

Named Westchester Magazine's "Best of Westchester Vinyasa Yoga," **Jodi Hurwitz** Jodi is known for her inspirational style using yoga as a form of medicine for the mind, body and spirit. Jodi currently lives in New Rochelle with her husband of twenty-seven years. Before yoga, Jodi enjoyed a successful television producing career in New York City.

The BRIDGE School at Rye Brook, a division of CPW, is a special education program serving students, ages 5 to 21, with developmental disabilities that range from autism and neurological impairments to intellectual disabilities, epilepsy and cerebral palsy. The comprehensive program connects families, students and educational professionals to help each student reach their academic potential and discover what the possibilities are for them beyond the school setting.

Cerebral Palsy of Westchester's mission is to advance the independence, productivity, and full citizenship of people with cerebral palsy and other disabilities. Now in its 70th year of community service, CPW and its 450-person staff provide essential services, programs and residential opportunities for children and adults with developmental disabilities in Westchester and Fairfield Counties. The organization's motto is *Realizing Tomorrow's Potential...Today!*

For more information and high-resolution images, contact Tia Levinson, Development and PR Coordinator, at (914) 937-3800 x353 / tia.levinson@cpwestchester.org / Cerebral Palsy of Westchester, 1186 King Street, Rye Brook, NY 10573



Joy Bauer, green dress, and Jodi Hurwitz, white shirt, visiting CPW's The BRIDGE School at Rye Brook this past Friday. Photos by Angella Licht.

###