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FOR IMMEDIATE RELEASE

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Contact:

Shelly Callahan, Executive Director

shellyc@thecenterutica.org or info@thecenterutica.org

315-738-1083 ext. 112

The Center Announces “Healthy Together Summit” – A Day of Collaboration to Advance Community Health

UTICA, N.Y. — The Center is proud to announce the upcoming Healthy Together Summit, a one-day conference bringing together health care professionals, human service providers, educators, community members and partner organizations to strengthen health and well-being across the Mohawk Valley. The event will take place on Tuesday, October 28, 2025, from 8:00 a.m. to 4:30 p.m. at the Delta Marriott in Downtown Utica. The Summit is made possible through the generous support of MetLife Foundation.

Designed as an interactive day of learning and collaboration, the Healthy Together Summit will feature expert speakers sharing practical strategies to improve health outcomes, promote equity, and build stronger partnerships among sectors that serve diverse communities.

Featured speakers include:

- Dr. Cynthia L. Jones, Chief Medical Officer, Mosaic Health
- James Paul, Founder & Executive Director, Blacque Acres Inc.
- Dr. Lisa Harris, MD, Chief Medical Officer, Excellus BCBS
- Michele Silvestri, Community Educator, Alzheimer’s Association
- Dr. Deepak Penesetti, MD, Child, Adolescent & Adult Psychiatrist, MVHS
- Shana Pughe Dean, Associate Director of Social Enterprise, The Center

Session topics include:

- Healthy Living for your Brain & Body
- Produce to Prescriptions: The Future of Food as Medicine
- Understanding the Mental Health Impact of Social Platforms
- Where Does the Medicine Go? - A Cultural Conversation About Medicine, Health, and Wellness



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“The Healthy Together Summit reflects our shared belief that community health begins with connection,” said Jennifer VanWagoner, Director of Strategic Initiatives at The Center. “By bringing together leaders from health care, human services, and education, we can build a more inclusive, coordinated approach to wellness that meets the needs of all residents.”

Register online at: <https://www.thecenterutica.org/whats-happening/2025-healthy-together-summit/>

About The Center:

Founded in 1981, The Center welcomes refugees and migrants as they make their home in the Mohawk Valley region. Our team is dedicated to providing refugees and migrants with compassionate support by partnering with community organizations, local agencies, area municipalities, and elected officials to ensure a dignified and inclusive settlement experience. Through ongoing services, education, and personalized care, we strive to ease the transition to a new culture, facilitating individual and family homemaking in our region.

Learn more at www.thecenterutica.org.

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