

Open Streets Carnegie festivities scheduled for Sept. 24

<http://triblive.com/news/neighborhoods/carlynton/11103099-74/carnegie-health-main>

BY JIM SPEZIALETTI | Tuesday, Sept. 13, 2016, 3:03 p.m.

Carnegie residents soon will have an opportunity to see what Main Street looks like without vehicles.

The borough will hold its first Open Streets Carnegie from 9 a.m. to noon Sept. 24.

West Main and East Main streets will be closed to vehicular traffic from Jefferson Street to Washington Avenue to allow residents and visitors to participate in health-conscience activities on the road.

"I'm hearing a nice buzz about it," Mayor Jack Kobistek said. "Every business will participate in some form. People are welcome to bring their bikes, scooters or skateboards, or just walk."

Kobistek said the event has two main purposes: to encourage people to live an active lifestyle and to highlight the borough's numerous health and wellness businesses.

Outdoor fitness and dance classes will take place on the street.

Classes will be held by Motion on Main, Third Street Belly Dance, Slava Dance Co., Indian Community Center, Jazzercise and BRN Fitness.

Free massages and cupping therapy will be offered by Carnegie Health and Wellness Center.

Keystone Physical Therapy will offer grip strength evaluations.

Adventist Community Church will sponsor health screenings.

The Carnegie Police Department will sponsor a bicycle rodeo and safety class.

The Carnegie Boys & Girls Club will offer street hockey.

Family activities include a scavenger hunt and library hill races.

Kobistek said local restaurants will feature healthy dishes, and local shops will offer discounts on health and wellness items.

The event was made possible through a \$5,000 grant from the Redevelopment Authority of Allegheny County that will cover costs related to public safety, vendor and rental fees, and advertising.

Kobistek said the overall goal is for the borough to become a Live Well Allegheny community.

The Live Well initiative aims to improve the health and wellness of county residents.

Nearby communities with the Live Well designation are Scott, Collier, Heidelberg, Green Tree and South Fayette.

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