



Holistic Health & Wellness Fair

Presented by Wellness Centered LLC

Hello!

We are very excited to announce **the 1st Annual Holistic Health & Wellness Fair** presented by Wellness Centered, LLC taking place on June 25th at Otsiningo Park, in Binghamton, NY.

And...we would love your **HELP** in making the vision of increasing the **HEALTH, VITALITY, AND WELLNESS** of our community a reality.

As we know, there are many paths to health and wellbeing.

As a healthcare provider, one thing I know is that **people in our community are individuals with varying health and wellness needs**. To meet these needs, I believe we need to provide and expose our communities to all of the options- traditional medicine, eastern medicine practices, alternative and complementary modalities, as well as the most recent evidence-based research.

Exposure to all of the options for good health will benefit our community!

Unfortunately, the residents of our community have limited knowledge or access to the less mainstream healing modalities available in our area.

We want to change this! At our event, we are planning on welcoming over 100 vendors including alternative medicine practitioners, traditional medical services, community services, various artisans and craft vendors, and food and beverage merchants in addition to entertainment and live demonstrations/ classes.

*Our day is going to begin at the stage area at Otsingino Park with **Sunrise Yoga**, followed by **Meditation, fitness classes and live demonstrations**. Meanwhile, our community will have an opportunity to participate in the **Family Run and Group Cycling** events starting at 8am. **Food Trucks/ Vendors and Artisan/ Craft vending** will be open from 10 am to 7:30pm.*

To help us accomplish this, we are looking for individuals and businesses interested in sponsoring/ donating to this event to help off-set security and advertising costs. With your donation, we will be able to create a safe and secure space for the event, and let our community know what is available to them.

Thank you for your consideration in helping us bring wellness to our community!

Jen and Eric Holmberg- owners of Wellness Centered LLC-

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