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## SEABURY HOLISTIC FAIR

GET CENTERED

September 27, 2019

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### SEABURY HOSTING INAUGURAL HOLISTIC WELLNESS EVENT

*Free Event For Yoga, Barre, Tai Chi and Other Classes*

BLOOMFIELD – Fri., Sept. 27, 2019 – On **Sat., Sept. 28 from 10:00 a.m. to 2:00 p.m.**, Seabury will host its inaugural holistic wellness fair for its Residents, Members and new prospects from the greater community.

Attendees will be able to participate in free wellness classes, such as yoga, Tai Chi, Barre and walking meditation through a section of trails at Seabury's Bloomfield campus, 200 Seabury Drive. Vendors will also be on site providing Reiki, massages, acupuncture, free food samples, giveaways and other specialty products, that may be available for cash or credit card purchase.

The list of vendors include: HerbLisI, Four Winds Reiki, Anew Massage and Wellness, Elemental Transformation, Essential Health CT, Maple Hill Farms, Design Training, FreshPoint Connecticut, Wholesome Animal Grocers and Tails of Joy. The Seabury Charitable Foundation, Seabury Fitness & Wellness and Seabury Culinary will also be available for free samples and discussion.

"We are delighted with the overwhelming support from all of these businesses to come out on a Saturday to provide services and promote their products," said Matt McGowan, Seabury's Director of Fitness & Wellness. "Given this is our first year, we are excited with the response and how so many people have thanked us for hosting an event like this. We look forward to growing this even more in the years to come."

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*Seabury is a not-for-profit interfaith Active Life Plan Community, sponsored by Seabury, Inc., an affiliate of the Episcopal Church in Connecticut, providing housing since 1876. Seabury, residing on 66 scenic acres in Bloomfield, opened in 1992.*