Women's *Wellness* Event

Wellness • Community • Connection

Saturday, January 16, 2027

10:00 am - 1:00 pm

South Hanover Municipal Building
161 Patriot Way, Hershey, PA 17036

Tickets $30 per person

Ticket includes admission, all guided activities,
wellness activities, wellness package, & entry into prize giveaway.

Must be purchased in advance - spaces are limited!

GUIDED ACTIVITIES

- Carefully curated wellness activities including breathwork, functional movement, and more
- Simple, 20-minute sessions, allowing you to try different activities and discover how each technique works for you

WELLNESS PRESENTATIONS

- 20-minute presentations providing information and tips on healthy habits that can be incorporated into your daily routines
- Topics include how to prevent emotional eating, manage weight, increase energy levels naturally & more

PROVIDER SPOTLIGHTS

- Meet local women business owners who have created businesses designed to support your health and wellness through their products and services
- Take home tools to support you on your wellness journey

Event curated by Lindsay Hoke, Owner and Certified Health Coach at
Positive Outcomes with Lindsay, LLC