

Best Practices &
Flint Downtown
Development Authority



SELF-CARE EXPERIENCE & CRAWL



We've earned the trust of our clients



July 10th
10 AM-5 PM
125 E. Kearsley Street



BPCS.biz



Downtown & Surrounding Area Map



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125 E Kearsley Street



Headliners



Been Gorgeous has evolved from a traditional salon into the one-of-a-kind luxury Mobile Nail Experience! Our vehicle is a spacious 32 foot long, newly renovated full-service salon specializing in nail services and pedicures. Our clients can meet us where we are, have us come to them or even book an on-site service for themselves and their friends. Shannon Jones and her team have over 20 years of experience in the beauty industry and a passion for creating gorgeous looks in a clean and vibrant environment.

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Founded	2012
Company	Been Gorgeous Nail Salon
Address	11000 W McNichols Rd. STE 323 #1337



Headliners



Flint Native | Social Worker | Hospitality Expert | Educator

Sheena Harrison is the visionary founder of Drinks of Essence Inc., a trailblazing business specializing in mobile bartending and confectionery services, and Fruits of Elegance Food Truck. With a background in Sociology and a Bachelor's degree from Oakland University, Sheena has a unique blend of expertise in both social work and hospitality. Her passion for creating memorable experiences through food and beverages led her to establish Drinks of Essence in 2015, which started as a mobile bartending service and chocolate-covered strawberry business.

Driven by her love for mixology, Sheena has spent over 17 years perfecting her craft in Michigan's hospitality industry. From her early days as a lead bartender to becoming the owner of Mid-Michigan's only Bartending School, Sheena has been instrumental in growing the mixology community. She has been recognized for her expertise in serving Safe Alcohol, and Flair bartending, and has received recognition for her exceptional customer service and bartending expertise. Sheena's accomplishments extend beyond the bar. She has been honored with a special tribute from the State of Michigan House of Representatives, nominated for the Art of Achievement Awards in Genesee County, and recognized as the only Bartending School in Mid-Michigan. She holds certifications from the Bartending Academy in Detroit, and completed a Working Flair Certification course from the European Bartending School in New York.

DRINKS OF ESSENCE
Bartending School

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Founded 2015

Company Drinks of Essence

Address 524 Buckham Alley

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In 2019, Sheena expanded her vision by establishing Drinks of Essence Bartending School, where she has since certified and trained over 700 students. She is passionate about empowering others, believing that education plays a critical role in strengthening communities and advancing family units. Her teaching philosophy is rooted in offering diverse learning methods, including hands-on and visual aids, to ensure every student's success.

Along with her thriving business, Sheena is an active board member for Friends of the Alley and the Downtown Small Business Association, continuously contributing to her local community's growth.

Outside of the bar, Sheena loves spending quality time with her two children and enjoys traveling, finding inspiration in new experiences that enrich both her personal life and professional endeavors.

Through her dedication to bartending, food, and education, Sheena Harrison continues to leave an indelible mark on Michigan's hospitality industry and the future of mixology.





Food Truck Vendors



In 2009 I started a nonprofit organization called Morgan Taylor's Pack a Sack where we feed our homeless community from my home. We started off giving them brown bag lunches and personal care products. We quickly realized that a hot meal was needed so we started doing "Sidewalk Buffets." We would set up a table on the sidewalk at Water Street and invite anyone who wanted a hot meal to just show up and eat; no questions asked. I always had a dream to have a food truck and in 2016 I purchased one and we named it Bella's Concessions & Catering.

Founded Company 2016
Bella's Concessions & Catering

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We're like a diner on wheels. What sets us apart from other food trucks is that we have a unique way of combining flavors and incorporating the traditional and non-traditional food and making it a tasteful experience. What sets us apart from other food trucks is that our menu caters to everyone. We have vegetarian meals, traditional All-American, Jamaican, Italian, Mexican and African dishes. We do breakfast, lunch and dinner. I am proud of the fact that our community is still supporting us 9 years later. It really feels good to be a Flintstones. We are certified caterers for so many companies around Flint and Genesee county and it's truly a blessing.



Food Truck Vendors



Tiffanie Sargent, a lifelong Flint resident and self-taught soul food cook, is passionate about food, family, and her community. With years of experience preparing meals for events, fundraisers, conferences, and social gatherings, she brings heart and hustle to every plate.

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Founded 2024
Company Tiffy Wiffy's Good Eats llc



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Table Vendors

Body Krave

Gabrielle Hannah is a devoted mother, entrepreneur, and passionate advocate for health, nutrition, and skincare education within her community. As the founder of Body Krave, a clean, eco-friendly, and plant-based skincare brand, Gabrielle has combined her love for nature and science to create products that nourish the skin using ingredients derived straight from the earth.



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BODY
KRAVE
SKINCARE ESSENTIALS

Her mission goes beyond selling skincare — Gabrielle is dedicated to empowering others through knowledge. She hosts workshops and community events that teach people how to care for their skin naturally and sustainably. With a deep-rooted commitment to wellness, Gabrielle continues to inspire and uplift others to embrace self-care, clean beauty, and conscious living.

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Shop now, Body Krave Skincare Essentials





Table Vendors

B&B Botanicals

From an early age, Alberto experienced how unprocessed trauma could shape a life. At 11, he watched his father pass away from a heart attack, an event that left deep emotional wounds and a lingering sense of disconnection. Struggling to navigate the weight of grief, depression, and uncertainty, he spent years searching for something to bring him back to himself.

That search led him on a decade-long healing journey. A pivotal moment came when he discovered plant medicine, which opened the door to self-exploration and emotional release. But he soon realized that true healing wasn't about any single tool—it was about deep integration, empowerment, nervous system regulation, and reclaiming the wisdom that already exists within.



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A Michigan native who moved to Flint in 2021, Alberto has spent over eight years studying ancient healing modalities and holistic practices. His work focuses on life coaching, trauma healing, nervous system regulation, breathwork, meditation, and sound healing. His background also includes herbal product formulation, advocacy, and community facilitation.

Through his work, Alberto meets people exactly where they are, offering a grounded and intuitive approach to healing. His mission is to help others break free from cycles of trauma, reconnect with their power, and step into their fullest expression. Because true healing isn't about escaping the past—it's about reclaiming your future with intention, courage, and an open heart.

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Company B&B Botanicals



Table Vendors

April Williams

April Jackson "The Oil Lady" presents luxury designer fragranced perfume oils at an affordable price. My oils provide a long blasting fragrance that maintains a pleasant sent throughout the day.

I offer handcrafted soap bars, body, scrubs, and lotions of any scent that I have available as well as gift baskets for all occasions.



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Company The Oil lady

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Table Vendors



810HM MASSAGE & CO.

BE GOOD ENERGY



Kara Dahlberg is the owner and lead massage therapist at 810hm Massage & Co., a wellness-focused business located in downtown Flint. With a mission to promote sustainable self-care, Kara specializes in various forms of therapeutic and medical massage designed to enhance the overall well-being of her clients. Her practice emphasizes not only physical healing but also long-term self-care strategies to help clients manage stress, pain, and enhance their overall health.

For over 12 years, Kara has been dedicated to helping others through massage therapy. Each year, she actively seeks out continuing education opportunities, consistently enhancing her knowledge and skills. This commitment to ongoing learning enables her to provide her clients with the latest techniques and the best possible care, tailoring her approach to meet the individual needs of each person. By continually expanding her expertise, Kara ensures that her practice remains at the forefront of therapeutic massage.

Company 810hm Massage & Co.
Address 140 E 2nd Street

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When Kara is not trying to heal the world, she spends as much time as she can with her family and dogs. A lover of nature, water, and adventure, you would not be surprised running into Kara at a nearby mountain bike trail, kayak launch, or campground.

Her motto in life is now the foundation of our practice:

Be Good Energy

We will have a table set up with information about what we offer to our customers in a pamphlet, as well as small products for sale. Additionally, we will have a giveaway prize for those who sign up for our website. We will offer clients the option to pre-book appointments at a discounted rate for attending the event. From 1 - 3 p.m., Chair massage will be available for first-come, first-served clients at \$1 per minute, 15-minute max.

Downtown Area Vendors



HIVE

HOLISTIC CENTER

The Hive is more than a space—it's a vision, a labor of love, and a dream turned reality.

For over 13 years, Hunter O'Connor, a Flint native with an unshakable love for her community, has dedicated her life to helping others heal.

Whether through music, handcrafted wellness products, sacred ceremonies, or intuitive coaching, her purpose has always been clear—to help people feel good, inside and out. She always knew she was meant to create something bigger than herself—a sanctuary where people could come together to laugh, dance, play, learn, and heal.

Along the way, she shared her gifts and music across Flint and Michigan, touching lives through the healing power of sound and connection. But her dream kept growing. She envisioned a true community hub, a place where every person—no matter their background—could feel seen, supported, and safe.

With the love and support of her husband, Alberto, and the many helping hands of our incredible community, The Hive was born.

A huge shoutout to every beautiful soul who has contributed to this dream. You are the heartbeat of The Hive.)



Company

Hive Holistic Center

Address

140 E 2nd Street, Suite
#100 Flint, MI

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We chose the name The Hive because, just like bees, we thrive through community, collaboration, and care. We believe that healing is not meant to be done alone—it happens together. Everyone has a unique gift to share, and when we lift each other up, we create something truly sweet and sacred.

What's good for the Hive is good for the Bee. And what's good for the Bee is good for the Hive.

If you're seeking a place to grow, connect, and heal, you belong here. Come be a part of something bigger, and let's build something beautiful together.

Downtown Area Marketplaces



— SHOPS ON — SAGINAW

A consignment style shop that allows entrepreneurs the opportunity to have a brick-and-mortar location to sell inventory.

Operated by 100k Ideas:

Company

Shops on Saginaw-
Operated by

Address

100k Ideas
601 S.Saginaw

Businesses Included:

1:Eleven
Akada Home
aMaizing BookBee
BAU-HOUSE feat. GoodBoy.
Baubles by the Bay
Breads and Threads
Cardinal by Lata
Create and Make Studios
Detroit Muscle
Do Good Things with Friends
Elations Health Tea
Elle Jae Essentials
EA Awareness Design
Flint City Books
Flint Handmade
Flint Institute of Music
Flint Life
Flint Roller Derby
Gansik
Gracious Nyah Shea
Julie Abbott Art
Just Keep Going LLC

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Kitty's Kloset
Kkandles
Lord Laird's
Metro Celeb
My Bees Nest
Natroll
Not The Cake Lady
Peach Pit Crochet Co.
Queen Netzo Jewelry Co.
R&D Tees
Regina Dunn Art
Rootless Coffee
Roxanne Rhoads- Author
Smith & Stone Studio
The Dirty Hippie Co.
The Roman
Wombman Unspoken

10

<https://100kideas.org/shops-on-saginaw/>

Downtown Area Marketplaces



Photo from MLIVE

We're a year round public market with 50+ vendors inside the building and more outside. Our market is neat and clean and feature several produce vendors, a great meat market, poultry, breads and baked goods, cheese, a wine shop, an art gallery, a cafe, middle-eastern and Mexican groceries, and many unique gifts.

Company

Flint Farmers Market

Address

300 E 1st Street

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HEALTH PLAN

WE ARE OPEN ALL YEAR

Tuesdays, Thursdays & Saturdays

9am to 5pm

Market Tap, a Michigan Beer, Wine & Spirits Pub is located on our second level!



EXPLORE the MARKET!

- 1 Steady Eddy's Café
- 2 Mr. Prince Tacos
- 3 Beirut Restaurant & Grocery
- 4 Hey Honey
- 5 Non-Profit Tables
- 6 Atrium Seaŉng Area
- 7 d'Vine Wines
- 8 Demonstraŉon Kitchen
- 9 The Ramsdell Room
- 10 Flint Food Works Kitchen East
- 11 Flint Food Works Kitchen West
- 12 SOS Ice Cream
- 13 Restrooms
- 14 MaMang
- 15 A Bit of Earth Books &Whimsy
- 16 Tee's Plenŉful Salads
- 17 810 Tings
- 18 J Deans Meat Market
- 19 Those Nature People

- 20 Friends of the Market
- 21 Art at the Market Gallery
- 22 Children's Museum
- 23 AT Sweet's Bakery
- 24 The Great Lakes Fish Co.
- 25 Bioŉq Skincare
- 26 Snacky Brown's Baked Goods
- 27 Bushels and Peck's Produce
- 28 McCarron's Orchard & Bakery
- 29 Fully Grounded Coffee Co
- 30 Srodek's Pierogis
- 31 Willow's Garden Juice Bar
- 32 Say Cheese! Gourmet Mac-n-Cheese
- 33 Hearnelt Reflecŉons Giŉs
- 34 The Gourmet Apple Cart
- 35 Lucky Cat Sushi
- 36 Brumley & Bloom Flower Shop
- 37 Bongos Popcorn
- 38 Michigan at the Market
- 39 Cinnamom

- 40 MI Great Lakes Fish Co.
- 41 Lori's Clean Cuisine
- 42 Steady Eddy's Veggies
- 43 Ebony Gemstones
- 44 Bagel on the Run!
- 45 I Love Pig! Pork Sandwiches & Arepas
- 46 Sweet Peaces
- 47 Brooks Teas
- 48 Royalty Taste Granola & Olive Oil
- 49 Hills Home Cured Cheese
- 50 Crust, a Baking Company
- 51 DuVall's Hot Dogs
- 52 Porter's Orchard and Donuts
- 53 Stairway to Market Tap
- 54 Market Tap (second floor)

MAP KEY

- ▲ EBT/BRIDGE
- △ Double Up Food Bucks (DUFB)
- ▲ Prescripŉons for Health
- ▲ Project Fresh/Senior Fresh

Outdoor Pavilion with More Farmers and Vendors May through October!
www.flintfarmersmarket.com 300 E. First St. - Downtown Flint

SELF-CARE EXPERIENCE & CRAWL

Hidden Gems

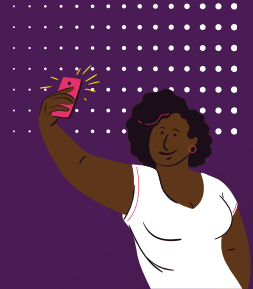
Call/Check these Business for their hours

1. [Queens Provisions-421 Garland Street](#)
2. [Blk Amor- 124 W. 1st Street](#)
3. [Rych Candles-522 S. Saginaw](#)
4. [Comma Bookstore & Social Hub-132 W 2nd St](#)
5. [BugPinTattoo Studio](#)
6. [Crim Fitness Foundation-452 S Saginaw](#)
7. [Paints, Chalice & Hues](#)
8. [Eight Ten Nail Bar-555 S. Saginaw, Suite 103](#)



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SELF-CARE
EXPERIENCE



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VENDOR
SIGN-UP



VENDOR SIGN-UP



DOWNTOWN
EXPERIENCE



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VENDOR
SIGN-UP



VENDOR SIGN-UP



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Development Authority



SELF-CARE EXPERIENCE & CRAWL



Thank you for your participation!

Don't forget to tag your vendors!

#Flint

#SelfCareExperience



**July 10th
10 AM-5 PM**



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