

*"One day can change **your whole life.**"*

GLOBAL WELLNESS DAY

Join one of the fastest growing, positive, social movements of our time — Global Wellness Day — Now in Cleveland!

Bring your family, friends, and co-workers. This is a **FREE** day of wellness activities for the whole family including wellness education, yoga, zumba and other exercise classes for adults and kids, fun activities, health screenings, one-on-one sessions with healthcare providers, exhibits and so much more!

NORTHEAST OHIO

SATURDAY, JUNE 10TH 2017

10:00 AM - 4:00 PM

DOWNTOWN CLEVELAND
GLOBAL CENTER FOR HEALTH
INNOVATION, CLEVELAND

FREE TO ATTEND!
www.bit.ly/GWDNeOH

ARE YOU READY TO "SAY YES"?

GLOBAL WELLNESS DAY

I SAY YES!



ABOUT GLOBAL WELLNESS DAY (GWD)

Global Wellness Day, founded in Istanbul, Turkey in 2012, is celebrated on the 2nd Saturday of June each year. This year it will be celebrated on 7 continents; in 100 countries and will reach over 250,000,000 people worldwide! Its simple 7-step manifesto provides for education, information and activities that support the health and wellbeing of each individual, our planet, our communities and our families.

THE 7-STEP MANIFESTO



WALK
FOR AN
HOUR



DRINK
MORE
WATER



DO NOT USE
PLASTIC
BOTTLES



EAT
ORGANIC
FOODS



DO A
GOOD
DEED



HAVE A
FAMILY
DINNER



SLEEP
AT
10:00 PM

**FREE to attend! Registration is encouraged through
Eventbrite at www.bit.ly/GWDNeOH**

Free give-aways to those who pre-register and attend the event! See back for activities and educational events.

Global Wellness Day in Cleveland is proudly presented by the Global Center for Health Innovation, Goldman Sachs 10,000 Small Businesses Program Alumni, US Ambassador Gloria Treister, and many other companies and passionate volunteers!



GLOBAL
WELLNESS
DAY

Global Wellness Day Celebration Overview

Saturday, June 10th, 2017
at The Global Center for Health Innovation
1 St Clair Ave NE, Cleveland, OH 44114
10AM - 4PM

Global Wellness Day - A Wellness Event Like No Other!
And, It's FREE to the Public

FREE EXERCISE CLASSES & ACTIVITIES INCLUDING:

- Yoga - for children and adults
- Zumba - for children and adults
- Pound - exercise with drumsticks
- Tai Chi and Meditation- for everyone
- Scavenger Hunt Around The Global Center
- Kids activities
- Picnics - Healthy Food is Available for Purchase in Advance & At The Event
- Walking Tours to Locations Including: The Parker Hannifin YMCA; Heinen's, Global Center

FREE TED TALK-TYPE MINI CLASSES THROUGHOUT THE DAY, INCLUDING:

- Wellness 101 - a Great Place to Start
- A Naturopathic Medical Approach to Pain; Digestive Health, Sleep and Stress
- The Health Benefits of Warm Water Exercise
- Essential Oils - The First Medicine of Man
- Health and Design
- Energy for Life • Workplace Health
- Learn Basic Heartfulness Relaxation and Meditation
- Financial Wellness
- Finding the Exercise that is Right for You

FREE SCREENINGS, INCLUDING:

- Lead testing for Children
- Biometric Screenings
- BMI Checks, Blood Pressure & Diabetes Screenings

FREE HELP DESKS - Talk to a Health Professional FOR FREE INCLUDING:

- Ask a Naturopathic Doctor
- Ask a Nurse
- Ask a Wellness Coach
- Ask a Nutrition Expert
- Ask a Fitness Professional
- Ask an Aromatherapist
- Ask a Heartfulness Meditation Trainer

MATCH YOUR MISSION - Get Help or Give Help - Meet with Non Profit Organizations

WELLNESS EXHIBITORS

FREE SAMPLES, PRIZES, HANDOUTS AND MORE

The event is FREE. Free giveaways to those who Pre-Register at:

<https://www.eventbrite.com/e/global-wellness-day-northeast-ohio-tickets-5035114162?aff=es2>

For information about a company or large group, please call Gloria Treister, HHP at 440-995-0303 or email her at gloria.treister@globalwellnessday.org

All you need to do is "Say Yes!"

