

“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 10<sup>TH</sup> 2017**

**10:00 AM - 4:00 PM**

**DOWNTOWN CLEVELAND**  
GLOBAL CENTER FOR HEALTH  
INNOVATION, CLEVELAND

**FREE TO ATTEND!**  
[www.bit.ly/GWDNeOH](http://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](http://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](mailto:gloria.treister@globalwellnessday.org)

**All you need to do is "Say Yes!"**

