



**FOR IMMEDIATE RELEASE**

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**HEALTHY LIVING COMES TO THE HEART OF DOWNTOWN WITH  
NEW WEEKLY HEALTH & WELLNESS FAIR AND RETURN OF FREE YOGA!**

- **NEW FAIR CONNECTS HEALTH & WELLNESS RESOURCES WITH DOWNTOWN PITTSBURGHERS**
  - **FREE WORKSHOPS, CLASSES AND DEMONSTRATIONS**
  - **KICKOFF EVENT INCLUDES GROUP CPR CLASS, FOCUS ON HEART HEALTH**
- **POPULAR YOGA IN THE SQUARE SERIES RETURNS FOR TWO FREE CLASSES EVERY WEEK**

**Downtown Pittsburgh** – The Pittsburgh Downtown Partnership announced a new Health & Wellness Fair, a weekly market that brings local providers of lifestyle goods and services together in the heart of Downtown Pittsburgh. Inspired by the Monday Campaigns, a global movement backed by leading public health schools that dedicates the first day of every week to good health, the Health & Wellness Fair occurs 11:00 a.m. – 2:00 p.m. every Monday in Market Square from June 3 to August 26.

“Whether it’s urban hiking, riverfront trails, fitness facilities, bike share, or healthy dining options, Downtown offers multiple ways for people to enjoy a healthy lifestyle. The Yoga in the Square series has been one of our most popular programs, and our new Health & Wellness Fair makes it even easier to connect with resources from all around the region, all while on your lunch break,” said Jeremy Waldrup, President & CEO of the Pittsburgh Downtown Partnership.

Kicking off the first Health & Wellness Fair on June 3 will be group CPR demonstrations by Start the Heart LLC, an American Heart Association-certified organization that will also share information on how to prevent and react to cardiac arrest. According to the American Heart Association, nearly 45 percent of out-of-hospital cardiac arrest victims were revived when bystander CPR was administered.

More than two dozen rotating vendors will participate in the weekly the Health & Wellness Fair, offering goods and services such as organic produce, fitness classes, health care and medicinal herbs. Subject to change, a partial sampling of vendors include:

- Advantage Sports and Fitness: fitness equipment
- Altus HPO: a new fitness center in Downtown Pittsburgh
- Aroma Wellness Whiffs: organic essential oils, herbs and flowers
- Cutting Root Apothecary: medicinal herb teas, tinctures, syrups and salves
- Edible Earth Farm: a local farm committed to organic and sustainable practices
- Every Child: family support services, and in-home behavioral healthcare
- Fitness Werqs: personal training for busy professionals
- Fork and Greens: plant-based prepared foods and juices
- Healthy Ride: Pittsburgh’s bike-share
- Honor Your Body Wellness: massage therapy and handmade body care products
- Kailee Venzin Physical Therapy: prenatal exercise
- Live Well Yoga: group and 1:1 classes
- Optilux Wellness Center: chiropractic care, massage and craniosacral therapy, nutritional supplements,
- Primary Care Health Services Inc.: non-profit health care, with a sliding fee scale for uninsured and insured individuals
- Row House North Hills: a fitness boutique that provides inclusive, full-body workouts
- Ruby Ribbon: active and workout wear

- Sage Farmacy: a handpicked collection of CBD products
- SKWIM USA: aquatic disk-game that teaches water safety and sportsmanship
- The Cakery: ketogenic and diabetic desserts from scratch
- Verve360: a wellness center offering salon, massage, and fitness services

Vendor and sponsorship opportunities are still available for the Health & Wellness Fair, made possible by the support of the Pittsburgh Current, Port Authority and First National Bank, which will be providing information on financial wellness.

### **Free Yoga in the Square Returns**

One of Downtown Pittsburgh's most popular recurring events, [Yoga in the Square](#), returns for 2019 and runs through the end of September. The free series includes two weekly editions, a Wednesday Happy Hour de-stress class from 5:30 – 6:30 p.m. and a Sunday morning wind-down-the-weekend class from 10:00 – 11:00 a.m. Every BYOM (bring your own mat) class is taught by a different instructor from yoga studios around the Pittsburgh region, each bringing their own style, sensibility, and routine to the experience.

More information about Yoga in the Square, including a complete instructor schedule, is available at [DowntownPittsburgh.com/Yoga](http://DowntownPittsburgh.com/Yoga). Weekly updates and weather cancellations are posted on the PDP's social media channels @DowntownPitt.

Complete information about the Health & Wellness Fair, Yoga in the Square, and the PDP's other free programs can be found at [DowntownPittsburgh.com](http://DowntownPittsburgh.com).

### **About the Pittsburgh Downtown Partnership**

*Pittsburgh Downtown Partnership (PDP) is a dynamic, nonprofit organization comprised of business and community leaders, property owners, civic organizations, foundations and residents who provide energy, vision and advocacy for Downtown Pittsburgh. Working collaboratively with its partners, the PDP strives to create a positive Downtown experience for residents, workers and visitors alike. The PDP's strategic initiatives include clean and safe services, transportation, and economic development and advocacy. For more information, visit [www.DowntownPittsburgh.com](http://www.DowntownPittsburgh.com), follow us on Twitter, Facebook and Instagram: #DowntownPitt.*

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