



First Friday Carbondale April 6, 2018

Spring Into Wellness

Celebrating Carbondale's Health Eating Active Living (H E A L) Initiative
Promoting Carbondale's Role in the Garfield Healthy Communities Coalition

A First Friday event showcasing wellness practitioners and businesses that support the health and well-being of our community.

What: First Friday, April 6th, 2018

When: 5:00 – 8:00 pm

Where: Main Street and periphery. Carbondale Recreation Center and Davi Nikent, Center for Human Flourishing will host wellness activities and tables (for those practitioners and businesses not in the core or periphery) at the Carbondale Recreation Center, 567 Colorado Avenue.

Why: We celebrate the programs, businesses and individuals in our community that provide services and goods focused on well-being. Collaboratively, we will raise awareness of all the wellness opportunities that are available in Carbondale and encourage people to access products and services that promote health and happiness.

Who: Wellness practices (all and every type), Community Gardens, Coffee Shops, Physicians, Chiropractors, Naturopaths, Restaurants, Bike Shops, Sports Businesses, Gyms, Fitness Centers, Health Coaches, Nutritionists and more. ***What would you like to bring to the table? Do you have wellness types of events planned for this summer that folks should know about now? Springtime Specials?***

How: Host an open house – offer specials – put a poster in your window promoting the event – share with your mailing list! Ask about being a co-sponsor. We have created a google map with participating business locations to print out as a guide for folks walking or riding their bikes around. ***Let us know if you want to be on the map!***

Sponsors: Davi Nikent, Center for Human Flourishing; HippocratesDocs.com; Carbondale Chamber of Commerce and First Friday Committee; Town of Carbondale Recreation Department; Rainbow of Health – Lynn Ruoff and many more...

YOU? Fee to be listed as a sponsor the event is \$25 to cover expenses of newspaper ad, flyer printing and handouts. If you want table space at Carbondale Rec Center the fee is \$10. You will be listed on webpage with your logo as participant for the event and your business location will be added to the Google map.

Any immediate questions call Rita Marsh at 970-618-5879 or email info@davinikent.org

If you would like to participate – please fill in the information below and e-mail to the address above or mail with payment (check) to Davi Nikent at P O Box 307, Carbondale, 81623. Please respond by March 29th to be included in marketing materials. (Davi Nikent is a 501(c)(3) organization EIN #14-1895243)

Name _____ Email _____

Phone _____ Address _____

Business Name _____ Type of Business _____

What special offer will you promote during the event?

Do you need space for a table at Carbondale Rec Center? Yes ___ No ___

Will you donate a “prize” for Bingo Game Drawing? Yes _____ Prize donation: _____