

PRESS RELEASE

Huntingdon Health and Wellness Association

A 501 (c) (3) non-profit organization enhancing wellness of mind, body, and spirit.

Join the community of Huntingdon, PA as we bring back the Healthy Harvest Festival in our historic downtown on Saturday, October 13, 2018 from 10 AM to 4 PM rain or shine. This festival is designed to support the mission of Huntingdon Health and Wellness Association (HHWA) of enhancing the health and well-being of individuals and the community through the promotion of alternative, complementary, and integrative health care and wellness initiatives. This is a special year since the organization, founded fifteen years ago, will be celebrating paying off the mortgage of its facility, the Natural Connection Wellness Center at 313 4th Street in Huntingdon.



There will be featured music and presentations, as well as Tranquility Tents with free sessions of chair massage, Reiki, and aromatherapy, vendors of arts and healthy products, African drumming with Matt Price (bring your own drum if available), featured healthy entrees by the local restaurants, and numerous stations with children's activities including pumpkin decorating and creating leaf art for a peace tree.

The schedule is as follows:

- 10:00–10:30 Opening ceremony and mortgage burning
- 10:30-11:00 Huntingdon Dance Academy
- 11:00-11:30 Tai Chi class with Phil Dunwoody
- 11:30-12:15 Music by Nick Miller
- 12:15-12:30 Food As Medicine presentation by Deb Kirchhof-Glazier
- 12:30-1:00 Belly Dance by Tammy Carlson-Little
- 1:00-1:45 Music by Dylan Miller
- 1:45-2:15 Martial Arts demonstration by Dawn Walls
- 2:15-3:00 Music by Anna Oh Arts
- 3:00-3:30 Skit by The Playhouse at McConnellstown
- 3:30-4:00 Yoga class with Chrisinda Lukens

This event is designed to offer fun, education, and entertainment for all members of the Huntingdon community and should be of special interest to school groups and health professionals. Information about Healthy Harvest can be found at www.hhwa.org/events/healthy-harvest-festival. Donations for sponsors are still being accepted and will be recognized at the Opening Ceremony.

