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Healthy Living Festival Promotes Wellness in the Community

Minot, ND: Local businesses Fast Positivity and Just Be have teamed up to host the first annual Healthy Living Festival in Minot. The event will focus on various aspects of health and wellness.

“Living healthy is about caring for our mind, body, and spirit,” said Sarah Fast, Executive Director of Fast Positivity. “So many businesses and organizations are committed to providing our community with healthy products and services, and we’ve all come together to share our passion for wellness and knowledge with others.” Participants will learn healthy tips and strategies from area professionals, visit with vendors, and enjoy healthy snacks and lunch at the event.

A portion of the proceeds from the event will be donated to the Domestic Violence Crisis Center to support a holistic wellness space that can be utilized by both staff and clients. “A space like this creates an outlet for emotional relief and relaxation. We are looking forward to providing this for our DVCC community,” said Jill McDonald, Executive Director.

The Healthy Living Festival will be held Saturday, May 6 at the Sleep Inn at Dakota Square. Tickets may be purchased in advanced at bit.ly/hlftickets or by calling 701-578-5559.

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