



GLOBAL WELLNESS DAY

Global Wellness Day – June 13th

9AM – 1PM

RSVP: gwdib@themarshallplan.com

GIVEAWAY: 1 NIGHT STAY AT PIER SOUTH & SPA TREATMENT

HASHTAG: #IBGWD

AGENDA

- **8:30AM (arrive)**
- **9AM-10:00AM – WELLNESS KICKOFF! – ALTAMAR ROOFTOP**
 - Morning Tai Chi Stretch
 - Healthy Snack – Beachside Fro-Yo
- **10:00AM**
 - Beach Bootcamp Class – IB Fitness
 - Poolside Yoga Class – Salt Water Yogis (don't forget your mat!)
 - Family Friendly Chalk Art Class – 2nd Floor Patio
 - Wellness Center Expo Starts – PIER SOUTH LOBBY
- **11:00AM**
 - Beach Crossfit Class – IB Fitness
 - Poolside Yoga Class – Salt Water Yogis (don't forget your mat!)
 - Meditation Class – Boca Rio Room
 - Nutrition Class by Cara Walsh – Boardroom
 - Healthy Treats from SEAI80 – Lobby (Wellness Expo)
- **12:00PM -- WELLNESS CELEBRATION!**
 - Meditation Class – Boca Rio Room
 - Nutrition Class by – Boardroom
 - **12:30PM-1PM Wellness Celebration** – Lobby Champagne Toast from SEAI80

WELLNESS EXPO VENDORS: 10AM – 1PM

- **Suzie's Farm**
- **SEA180 Coastal Tavern**
- **D'ames Spa**
- **Nature's Sunshine Health Products**
- **FIT4MOM / Stroller Strides**
- **IB Fitness**
- **D'ames Spa**
- **Epicuren Skin Care**
- **Fit After 50**
- **County Office - Community Mind & Body Fitness**
- **Katy's Café**
- **Beachside Fro-Yo**
- **Kombucha on Tap**
- **IB Yoga**
- **City of Imperial Beach**
- **Salt Water Yogis**
- **Bai5 O**
- **Tijuana Estuary**
- **Silver Strand Spine & Sport**
- **IB Clinic**
- **YMCA**
- **Boys & Girls Club**