

# BeWellPhilly *FEST*

BROUGHT TO YOU BY **Independence** 



Your weekly guide to the ultimate virtual health and wellness event.

**MON. 7/27 • NOON**

**BE INSPIRED**

## **MAKING THE BREAST OF IT: OVERCOMING LIFE'S BIGGEST OBSTACLES**

led by Krysten Gentile, Co-host of *Making the Breast of It* Podcast

[LEARN MORE](#)

Krysten Gentile is a wife, mother of 3, business woman and podcast host who has been given a terminal cancer diagnosis accompanied by a 3-year median life span to live. She's decided to disregard the 3 year outlook, adopt a healthier way of living and make the breast of it every day. Tune in to hear how Krysten has chosen to become an anomaly to the 3 year median life span and how healthy diet, exercise, mindfulness and a strong desire to live will extend her timeline and inspire many other people with chronic illness to live their breast life.

**EQUIPMENT:** None

**TUE. 7/28 • NOON**

**BE ENLIGHTENED**

**SUPPORT YOUR FERTILITY, NATURALLY: FERTILITY 101 DURING COVID-19** led by Suzie Devine, RN MSN, Binto

[LEARN MORE](#)

Join Suzie Devine, fertility nurse expert and founder of the women's health company, Binto, for a casual conversation around supporting fertility naturally during the Coronavirus.

Suzie Will cover the will answer your questions about fertility and Coronavirus, how to move forward with treatment and TTC naturally with lifestyle changes, supplements and more.

**EQUIPMENT:** None

**WED. 7/29 • NOON**

**BE ENERGIZED**

**THREE QUEENS YOGA** led by Mariel Freeman

[LEARN MORE](#)

60 minutes of yoga with Mariel to energize your body, mind, and heart.

**EQUIPMENT:** Yoga mat

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**WED. 7/29 • 8PM**

**BE ENERGIZED**

## **LUMOS STARLIT YOGA**

led by Alli DelGrippo

[LEARN MORE](#)

Build an inner fire in this all-levels athletic vinyasa class that will have you sweating, building strength, and exploring the potential of moving with your breath.

**EQUIPMENT:** Yoga mat, blocks and straps (optional)

**THU. 7/30 • NOON**

**BE NOURISHED**

## **BE YOUR OWN BARISTA**

led by Russ Wilkin, Saxbys

[LEARN MORE](#)

Miss that first sip of fresh cold brew or Matcha in the morning? The team at Saxbys shows us how to make our cafe favorites right in our kitchen.

### **AT-HOME COLD BREW:**

- Saxbys Cold Brew Coffee, coarsely ground
- Tablespoon
- Liquid measuring cup
- 2 Mason jars or Toddy system
- Coffee filter or paper towel
- Water
- Ice

### **ICED MATCHA LATTE:**

- Saxbys Matcha
- Matcha shaker
- Teaspoon
- Liquid measuring cup
- Oat or almond milk
- Ice

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**THU. 7/30 • NOON**

**BE NOURISHED**

**EAT HEALTHIER BY DITCHING DIETING AND EMBRACING FAT** led by Heather Mayer Irvine, author of *Runner's World Vegetarian* cookbook

This presentation will look at five ways to eat healthier. None of those ways will be dieting, and one of those ways will be eating more fat! Enjoy this presentation on how to eat a balanced diet in order to maintain a healthy lifestyle.

[LEARN MORE](#)

**EQUIPMENT:** None

**FRI. 7/31 • NOON**

**BE RADIANT**

**ASTROLOGY ESSENTIALS FOR CLARITY + CONFIDENCE** led by Danielle Mercurio

Danielle Mercurio will break down the basics of astrology and teach you how to go beyond your sun sign and discover how to use this system to better relate to the world, your goals, and how to navigate the rest of 2020 with more flow and grounding. This event is perfect for beginners who want to learn more about astrology and those looking to enhance their current knowledge.

[LEARN MORE](#)

**EQUIPMENT:** None

**FRI. 7/31 • NOON**

**BE RADIANT**

**TAROT 101** led by Regan Tilton

The history, the meanings of the cards, the suits, why we use them, and how to use them in daily life!

[LEARN MORE](#)

**EQUIPMENT:** None

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**SAT. 8/1 • 9AM**

**BE EMPOWERED**

## **BARRE WITH A TWIST**

led by Noel Davis and  
Dominique Royal,  
Paris Fit Studios

Barre with a Twist is a blend of strength training, cardio and core conditioning for that perfect total body workout.

[LEARN MORE](#)

**EQUIPMENT:** Book or yoga block

**SUN. 8/2 • NOON**

**BE EMPOWERED**

## **UNITE WORKOUT**

led by Mark & Morgan,  
Unite Fitness

Join us for a 50-minute strength based total body HIIT workout.

[LEARN MORE](#)

**EQUIPMENT:** A weighted backpack or duffle bag (throw some water bottles or books in there). Dumbbells or bands are optional.