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**FOR IMMEDIATE RELEASE**

## **INAUGURAL WOMEN'S WELLNESS EXPO AIMS TO EDUCATE, EMPOWER, & ENRICH**

GIG HARBOR, WA – The Peninsula Metropolitan Park District (PenMet Parks) is elated to announce the inaugural Women's Wellness Expo presented by MultiCare.

The transformative and free event will be held at Sehmel Homestead Park on July 13, 2019 from 8:30 AM – 4:00 PM. Wellness workshops, large group fitness classes such as goat yoga, local entertainment, food trucks, and 7 Seas Brewing beer make the Women's Wellness Expo unlike any other women's event around.

"The mission of the PenMet Women's Wellness Expo is to empower women through all aspects of their wellness journeys – physically, emotionally, financially, and mentally. Organic opportunities for authentic networking and community building are at the heart of this event as well," proclaims Jenna Brasch, Community Recreation Manager for PenMet Parks.

The idea for a Women's Wellness Expo was first developed before Brasch began working at PenMet Parks. Along with co-founder and local resident Carrienne Ekberg, the two friends presented the event to the PenMet Board of Park Commissioners.

"Our goal is to provide wellness resources, education and enrichment to the women in the local community," says Ekberg. "From day one we were overwhelmed by the PenMet Board of Park Commissioners' encouragement and support in making this event a reality. The PenMet mission aligns closely with this event and we couldn't be more excited to be partnering with both PenMet Parks and MultiCare."

Local vendors will be present to connect women with further wellness resources while promoting and encouraging female ran businesses as well.

Further event details can be found on the PenMet Women's Wellness Expo Instagram account - @penmet\_wwe as well as [www.penmetparks.org](http://www.penmetparks.org)

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