



NEWS RELEASE

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Fun Activities for Kids and Free Wellness Programs at the Family Wellness Fair Sunday, October 2, 1 – 5 p.m.

*Health Discussions, Wellness Vendors to Focus on Stress Relief for Adults and Children
Vitamix Raffle and Auction to Raise Funds for Cystic Fibrosis*

CLEVELAND, OH, Sept. 6, 2011 – What parent isn't looking for a way to keep their kids healthier? Find great ideas for the whole family and experience tons of fun activities at the Family Wellness Fair – a free event to educate, inspire and provide you with ways to reduce the stress of daily life. **On Sunday, October 2 from 1:00 to 5:00 p.m., INSIGHT Learning & Wellness Center will present the Family Wellness Fair** at their facilities in the Emery Place Office Suites, 25901 Emery Road in Warrensville Heights.

The event serves as a fundraiser for the Cystic Fibrosis Foundation, Northern Ohio Chapter. Raffles and auctions will feature an array of gift baskets filled with health and wellness products and gift certificates for services. **There will also be a special raffle to win a Vitamix** – a tool that has helped many families with cystic fibrosis provide vital nutrients to children affected by the disease. Ben, the son of a valued member of the INSIGHT staff, lives with the daily trials of cystic fibrosis. As the Cystic Fibrosis Foundation has helped Ben so very much, the cause is near and dear to INSIGHT and the organization hopes to raise needed funds for the families it serves in Northeast Ohio.

Health & Wellness Experiences

The INSIGHT Family Wellness Fair will offer adults and children a variety of activities to learn ways of staying healthy. Adults can attend health talks on natural ways to avoid stress for themselves and their kids. They can also sign up to experience sample wellness services such as reiki, massage and reflexology. Other classes include **Fun with Raw Food 101, Musical Yoga, Amazing Art & Magical Meditation**. Children will love getting to sample INSIGHT's Tae Kwon Do, jump in the bounce house and enjoy arts and craft activities.

Space for lectures and wellness service trial sessions is limited. Please call INSIGHT at 216.765.4470 to reserve your spot in one of the many programs offered. For more information, go to www.insight-wellness.com.

Wellness Expo

More than a dozen health and wellness vendors will be raffling and selling unique items such as eco-friendly and natural body care products, aromatherapy, fair trade and handmade gifts and accessories, jewelry, books, crafts and more.

Participating Vendors Include:

All That Matters – art for auction
Art on Wheels, Inc. – art workshops, collectibles
Beetanicals, LLC – all natural body care products
BikramYoga of Cleveland, LLC – yoga classes
Designs of Distinction – children's bounce house, event productions
Grace's Green Garden – skincare products
Growing Vital Health, LLC – health coaching services
Gai Russo Jewelry - jewelry for auction
Holistic Health of Chagrin Falls – energy healing jewelry & wellness products
Janet Rhodes Brings You Fair Trade – hand-made, fair trade gifts
Laurice Skin Care & Cosmetics (gift certificate giveaway, no booth)

MKJ B-a-a-a-gs – felted wool, soaps, purses
Michael Carter Group – special needs advocate and consultant
Mustard Seed (giveaways, no booth)
Organic Energy Restaurant – healthy food
Rosalina Markfrank Hair Salons – hair care
Sweet Readings – award winning books, themed gift packages
TLC Herbal Therapy – Herbal therapy pillows & aromatic accessories
Vitamix – whole food processing machines
Whistler's Glen Alpacas – Alpaca yarn products
Winds of Change – boutique accessories

About Insight Learning & Wellness Center

Insight Learning & Wellness Center, LLC, offers a variety of programs for children and adults. The center provides psychological counseling, innovative movement classes, Tae Kwon Do, self-improvement courses and a wide range of wellness services such as acupuncture, reflexology, reiki, meditation, yoga and therapeutic massage. The licensed professionals at Insight incorporate conventional and holistic services to nurture better health. Our goal is to offer multiple opportunities to increase happiness, peace, self esteem, self control, concentration and good health.

For more information, please go to www.insight-wellness.com.

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