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## **Ferry Market Supports Community Well-Being during Health and Wellness Weekend**

*The New Hope Ferry Market will host its first annual Health and Wellness Weekend to support mental, emotional, and physical health. Regular food and drink vendors will highlight their healthiest options alongside pop up vendors. There will be free group exercise classes, live music, and wellness professionals from Bucks County exhibiting their products and services.*

**New Hope, PA:** The Ferry Market, a gourmet market serving fresh, healthy and flavorful foods, will be hosting its first Health and Wellness Weekend. From Saturday, April 21st to Sunday, April 22nd, stop by New Hope Ferry Market to improve overall well-being. This event, sponsored by the Carriage House of New Hope, will feature healthy food and drink vendors, group workout classes, and wellness professionals promoting overall fitness.

When asked about this event, Ferry Market Manager Meghan Sauppe said, "New Hope is such a tight-knit community, our locals have been so supportive during our first year of business. To thank the public, we want to give back by supporting their mental, emotional, and physical health. We have received an overwhelming positive response from local health and wellness professionals who want to participate and we're thrilled to highlight the wonderful things they do on a daily basis."

This free event will include healthier options from Ferry Market's 12 regular vendors. Featured pop up vendors are Sole Kombucha and Green Briar Herbalists. Musician Dan Kassel will be playing the cello live. Integrative Health Coach Dillan DiGiovanni will give a workshop on stress and Dr. Jon Gindhart of Evidence Based Health Solutions will share his advanced healing strategies to put the body back in balance naturally. Group exercise classes include GYMGUYZ mobile fitness training, Barre3 full body workout, and meditative yoga by a local certified instructor. There will also be exhibitors providing information, answering questions, and sampling products or services. Exhibitors include Acupuncture Physical Therapy, Body Flow Movement Studio, Create Space Movement Laboratory, Functional Life, Ground Up: Martial Arts & Yoga, Hennessy Health and Fitness, Locust Light Farm, Love Your Light Yoga, Puritie Spa, Reiki Master Leslie Mironenko, Roots to River Farm, and Zanya Spa.

All weekend, Ferry Market will be accepting donations on behalf of Lambertville Animal Welfare. This 501(c)(3) Non-Profit Corporation is made of volunteer residents dedicated to saving the lives of animals in surrounding communities. Suggested donations include cash, checks, and cat or kitten supplies. Ferry Market would like to thank the Carriage House of New Hope for their generous sponsorship of this event. Named Best Pet-Friendly Establishment on The Happening List by Bucks Happening, this luxurious boutique hotel combines nature, sophistication, and elegance into one. Please invite family, friends, and neighbors to join us for a weekend of overall well-being, health, and wellness.

**About New Hope Ferry Market:** New Hope Ferry Market is a gourmet market and foodie destination. Located on 32 South Main Street in the heart of New Hope, it is a unique collection of culinary delights. They offer fresh and healthy food, drinks, and snacks. From Wednesday to Monday, 7 a.m. to 7 p.m., this upbeat marketplace serves locals and visitors alike. Stop by the Ferry Market of New Hope to find good eats, farm fresh food, and unique goodies for everyone, every day. Come experience the best flavors of New Hope at Ferry Market!