



## **WE WellFest Activities Suggestions**

### *For restaurants/bars*

- Promote your brunch menu
- Promote a nutritional dish you already offer
- Create a new nutritional dish specially for the event
- Give out healthy food samples
- Food and wine pairings (and discuss the health benefits of wine?)
- Cooking demonstrations
- Cooking competition with other restaurants (e.g. “Most healthy dish;” “Tastiest nutritional dish;” etc.)
- Or other ideas you come up with

### *For everyone else:*

- Vend out of your storefront, request a table, and/or volunteer to share your space
- Yoga and meditation
- Arts and crafts
- Wellness through the arts; theater, improv, music, dance, visual arts
- Fitness and recreational activities; kickball, basketball, a group run, cycling, walking
- Distribute coupons and/or small gift give-aways
- Informational sessions about your products/services and its relation to wellness (if any)
- Share your staff as volunteers (walking tours, registration, give directions, etc.)
- Or other ideas you come up with