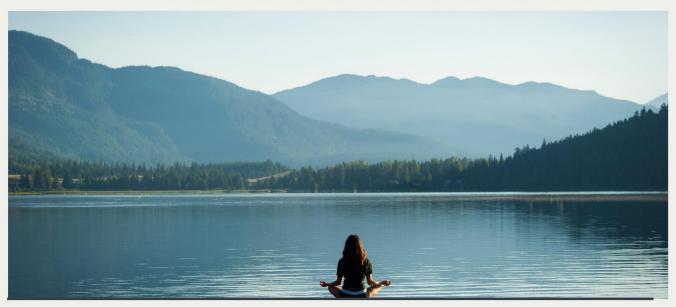
APRIL 25, 2025

East Liberty Wellness Retreat



Location:

Peace, Love & Zen Holistic Wellness Center (6023 Broad St, Pittsburgh, PA 15206)

Date: April 25, 2025

Time:

5 PM-9PM

Please register.



Just bring yourself, your curiosity, and an open heart. We look forward to seeing you there. **ThinkFirst** is excited to propose the East Liberty Community Wellness Retreat, a calming and educational event designed to support mental and physical well-being in our neighborhood.

East Liberty is a strong and creative community, but like many others in Pittsburgh, we face challenges like stress, limited access to wellness resources, and rising mental health concerns. As the city prepares for the 2026 NFL Draft, we want to create something meaningful in response.

Our retreat would take place at Peace, Love & Zen Holistic Wellness Center, featuring guided meditation, yoga, breathwork, journaling, acoustic music, and injury prevention education. It's a chance for neighbors to slow down, reflect, and connect in a healing space.

But before we move forward, we want to hear your voice. Join us for a community listening session to share your thoughts and help shape this event. Whether you're a student, parent, athlete, or simply someone seeking calm, your input matters!