

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!