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Free Wellness Event Features Local Practitioners

at New Space in Northampton

Attendees will sample body work, fitness training and life coaching at “Well.”

Northampton, MA – Three western Massachusetts wellness professionals will host a free open house event called “Well” at the newly renovated fitness studio, The Fix, on Crafts Ave in Northampton.

Personal trainer Lynne Marie Wanamaker, massage therapist Isabella Gitana and life coach Jillian Hanson will be offering one-on-one consultations, chair massages, and mini-classes from 10am to 1pm on Saturday, September 26.

“This is a great opportunity to check out new ways to get your body – and your life – in shape,” says Wanamaker. “Fitness training, goal setting and stress relief are a powerful combination in getting on-track and creating a better quality of life, no matter what your age is or where you are at in your professional or personal life.”

Attendees can also get an up-close look at the newly renovated fitness studio, The Fix, at its

new location in downtown Northampton, former site of Paradise Copies. The new location includes multiple studio spaces, locker rooms with showers, full wheelchair accessibility, a retail store, and lots of natural light in a beautifully restored building. For more information about The Fix, visit <http://www.thefixpr.com/contact.php>.

The event will also feature a chance to win a gift basket of wellness goods and services, and refreshments from local businesses, including Pierce Brothers Coffee and River Valley Market, will be served.

To reserve a 15 minute session with Jillian, Lynne Marie or Isabella, or for more information, visit: www.compassionateconditioning.com/newsandevents/html.

Biographical information:

Isabella Gitana, LMT creates a unique body work session which incorporates training in deep tissue massage, medical massage, reflexology, Reiki and prenatal along with her intuition. She specializes in Trauma Body Mind Connection Therapy which is a style of body work completely client driven and empowering to someone who has experienced trauma. She is a licensed massage therapist and creator of Sacred Spiral Healing Arts.

Lynne Marie Wanamaker creates customized exercise programs for adults who want to be stronger and live longer. She is an AFAA certified personal fitness trainer and karate black belt with specialty certifications in Arthritis Fitness, Perinatal Fitness and women's self defense.

Jillian Hanson, CPCC, is a certified life coach and communications specialist. She specializes in facilitating the creative process for artists and writers; creating individualized plans for physical, emotional and spiritual fitness; accessing the body's wisdom in everyday life; and navigating major career and life transitions.

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