

WELLNESS FOR CREATIVES

WELLNESS FOR CREATIVES IN PARTNERSHIP WITH DOWNTOWN NORFOLK LAUNCHES "RUN YOUR BEST MILE"

NORFOLK, VA - June 20, 2024— Wellness For Creatives™, a leading platform dedicated to supporting the well-being of artists and creative individuals, is excited to announce the launch of the "Run Your Best Mile," a new weekly community event starting on July 1, aimed at promoting wellness, fitness, and community connections in downtown Norfolk. The run club, powered by Wellness for Creatives in partnership with Downtown Norfolk, will meet every Monday evening at The Plot in the NEON District on Granby Street for a run surrounded by art.

The "Run Your Best Mile" run club is open to runners of all levels, from beginners to seasoned athletes. Each session will begin with a group stretch at 7:00 PM, followed by a one - three mile run. This initiative is designed to foster a supportive and inclusive environment where participants can focus on their personal wellness goals while building meaningful connections with fellow community members.

Byron Linnell Edwards, the CEO and Founder of Wellness for Creatives, brings a wealth of experience in community building, fitness, and wellness. With a background in entertainment PR and a strong network of influencers, Byron has successfully spearheaded numerous social impact initiatives, combining art, mental wellness, and physical health. His recent relocation from Los Angeles to Norfolk marks a dedicated effort to enrich the local community through innovative wellness programs.

"I am thrilled to bring the 'Run Your Best Mile' to Norfolk," said Edwards. "This initiative is about more than just running; it's about fostering a sense of community, supporting each other's wellness journeys, and creating a positive impact in our city."

Wellness For Creatives™ aims to partner with local businesses, organizations, other creatives and surrounding run clubs to promote positive well-being and holistic health. This collaborative effort is a driving force behind building a vibrant and supportive community in downtown Norfolk. Participants will have opportunities for networking, fitness education, and community engagement, as well as access to exclusive events and brand ambassador opportunities.

For more information about the "Run Your Best Mile," visit www.RunYourBestMile.com.

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About Wellness For Creatives™

Wellness for Creatives™ is a collective dedicated to maintaining a lifestyle rooted in wellness, fitness, mental health, and creativity. By curating the tools needed and creating enriching events, experiences, seminars, and activities—including tailored workouts—Wellness for Creatives™ supports creatives in living their best lives.

FOR FURTHER INFORMATION PLEASE CONTACT:

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