

## FOR IMMEDIATE RELEASE

Discover Your Path to Wellness and Connection at Conscious Michiana's, 3rd annual MIND BODY SPIRIT Festival!

South Bend, IN - Are you ready for a day of inspiration, relaxation, and self-discovery? Join us on Saturday, May 4, 2024, from 11-5pm at Potawatomi Park in South Bend, IN, for an unforgettable experience that caters to all ages and interests.

At the MIND BODY SPIRIT Festival, attendees will find a diverse array of activities designed to promote holistic well-being and mindfulness. Whether it's music on the main stage, walking the labyrinth, rejuvenating yoga, insightful workshops, or engaging talks by experts, there's something here for everyone.

Explore the festival's vibrant atmosphere as you peruse through exhibitors offering art, holistic products, natural remedies, and spiritual tools. And don't forget to fuel up with delicious organic and sustainable food options available throughout the event.

Connect with fellow attendees who share your passion for personal growth and well-being. Engage in meaningful conversations, forge new friendships, and expand your circle of positive influences.

This is your chance to invest in yourself and take the first step towards a healthier, happier, and more balanced life. Mark your calendars for the MIND BODY SPIRIT Festival and get ready to nurture your mind, rejuvenate your body, and uplift your spirit!

For more information, visit [consciousmichiana.com](https://consciousmichiana.com) or contact [info@consciousmichiana.com](mailto:info@consciousmichiana.com).

Don't miss out on this incredible opportunity to embark on your wellness journey with us!

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