

# Wellness Week

Embark on a holistic wellness journey while discovering the latest in new development.

*Building tours will be available during or at the conclusion of each event.*

**MAY 7<sup>th</sup> - 9<sup>th</sup>**

## WELLNESS ACTIVITY SCHEDULE

DATE	TIME	EVENT	DEVELOPMENT	EVENT LOCATION
Tuesday May 7	5pm-7pm	<b>Amenity Debut &amp; Mocktail Class</b> WITH Elizabeth Gascoigne of Absence of Proof  Explore the newly completed amenities suite while enjoying seasonal mocktails. Learn more about alcohol-free movement while exploring The Club Room, Lounge, Cottage Playroom, Fitness Room, and Pet Spa.	393 West End Avenue	393 West End Avenue
				<a href="#">BOOK YOUR SPOT</a>
Wednesday May 8	9am - 10:30am	<b>Longevity &amp; Healthspan</b> WITH Matthew Morris of Sollis Health and York Barrington of Prenuvo  Learn about the future of proactive health with the leader in medical concierge Sollis Health and their partner Prenuvo, a provider of cutting-edge optimized body imaging powered by AI research. Stay for an energy-boosting Vitamin B12 shot.	The Treadwell	249 East 62nd Street
				<a href="#">BOOK YOUR SPOT</a>
Wednesday May 8	5:30pm-7:30pm	<b>Stimulating Gaming</b> WITH Jon Freeman of Hex & Company  Boost your cognitive functioning with Manhattan's largest board game cafe. Engage multiple lobes in your brain through gaming and improve attention, processing speed, problem solving, learning, memory, and verbal fluency- all while enjoying clean-crafted wine.	Vandewater	543 West 122nd Street
				<a href="#">BOOK YOUR SPOT</a>
Thursday May 9	10am-12pm	<b>Rejuvenation Inside &amp; Out</b> WITH Dr. Yana Delkah, MD Glowbar and Angelo Grincerì of Angles Wellness  Learn about what's new in self-care and biohacking with Dr. Yana. Stay for a 10 minute mini-facial with an expert esthetician from Glowbar and join Angelo Grincerì to combat the negative effects of stress with Tech Neck Relief Protocols and the nourishing adaptogens in Poisson.	VU	368 3rd Avenue
				<a href="#">BOOK YOUR SPOT</a>