



**FOR IMMEDIATE RELEASE**

CONTACT: Andrea McHugh, 401-845-9151  
Senior Communications Manager  
Discover Newport  
[amchugh@discovernewport.org](mailto:amchugh@discovernewport.org)

**Newport Wellness Week Returns in January**

*The event celebrates health and well-being opportunities and offerings throughout the destination.*

Newport (R.I.) December 7, 2018 – Newport Wellness Week, a week-long celebration of mind, body and spirit, returns January 19-25, 2019. Featuring a diverse array of wellness events, special offers and deals throughout Newport County and beyond, Newport Wellness Week has been designed to educate and inspire everyone from those who strive to embrace a healthier lifestyle to those who are looking to expand their knowledge of local wellness opportunities.

The event kicks off with the Wellness Marketplace in its new location at the Newport Marriott Atrium on January 20 from 10 a.m. to 3 p.m. Attendees can meet a variety of health and wellness practitioners, nutritional coaches, fitness studio owners and trainers, yogis and wellness-related business owners plus enjoy healthy food and beverage samples. In addition, guests can take part in seminars, attend workshops and watch demos. The event is free and the first 100 guests will receive a special gift. (Free parking is available next door at the Newport Visitors Information Center lot.) Vendors throughout Newport and Bristol counties interested in exhibiting can contact Meredith Nordhem at [mnordhem@gmail.com](mailto:mnordhem@gmail.com).

“It’s the perfect time of year to recharge, reflect and reconnect as health and wellness is top of mind,” says Kathryn Farrington, Vice President of Marketing at Discover Newport. “This is a great opportunity for visitors to come to Newport and try new self-care experiences whether as a family, a couples retreat or a girlfriend getaway.”

Newport Wellness Week highlights everything from trendy fitness classes like barre and spin to hydrotherapy, yoga, Pilates, meditation and mindfulness, healthy eating workshops/classes, pampering spa treatments and complimentary consultations, all tailored to help people live their best life.

Check for updated wellness lodging packages, events, incentives and special offers at [discovernewport.org/newport-wellness-week](http://discovernewport.org/newport-wellness-week).

### **ABOUT DISCOVER NEWPORT**

Discover Newport is the official destination management organization (DMO) dedicated to promoting the City of Newport and the eight surrounding coastal townships in Newport and Bristol counties, Rhode Island. These include Barrington, Bristol, Jamestown, Little Compton, Middletown, Newport, Portsmouth, Tiverton and Warren. As a non-profit organization, Discover Newport partners with stakeholders throughout our tourism and hospitality industry to market the region as a premier destination for business and leisure travel.

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Wellness Week images (please include photo credits):

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