



FEEL GOOD FESTIVAL

FEBRUARY 28th
FREE EVENT | ALL WELCOME



2550 McCaslin Blvd Louisville, CO

FESTIVAL
PROGRAM



LouisvilleChamber.com

Healthier. Happier. Energized. Connected.

WELLNESS VILLAGE

10:00 to 4:00pm:

Step into an interactive hub of health and happiness. From spas and healthcare providers to fitness tests, balance games, wellness screenings, kids activities, empowerment sessions, live demos, giveaways, and a community gratitude wall. **Explore, try something new, and feel your best.**

SAMPLE & SIP PASSPORT

Enjoy free samples from the Food Hall, collect passport stamps, and enter to **win prizes**, plus discover special Feel Good Festival menu creations.

Presenting Sponsors



NORDIC SAUNA

10:00 am- 8:00pm

Habit Nordic Sauna is offering a **free one-hour sauna and cold plunge** experience. Bring a swimsuit and towel.

Scan Here
Advance Sign-Up
and Information



CURIOUS MINDS | Talks & Tools

No registration required

10:00 to 10:25am

Growing Smiles | Early Signs & Timing for Orthodontic Care

10:35 to 11:00am

Protecting Your Brain | How to Prevent Cognitive Decline

Before It Starts

11:10 to 11:35am

GLP-1 Medications | Pros, Cons & What to Know – with Dr. Pandit MD, Amruta

11:45 to 12:25pm

Medicare 101 | Ideal for Pre-retirees, new and current Medicare members.

12:35 to 1:00pm

Back Pain & Spine Health | What's Serious, What Helps & When to Get Care

1:10 to 2:10pm

The 5 Tests That Matter Most | How to Detect Disease Early and Stay Healthy for Decades

2:20 to 2:45pm

The Natural Refresh | Lasers, Microneedling & Beyond

3:00 to 3:15pm

Tiff's Tips | Skills and Strategy from Relish's Resident Pro

3:20 to 3:35pm

Beyond the Game | Discover Everything Relish Offers

3:45 to 4:10pm

The Hidden Drivers of Heart Disease | Beyond Cholesterol

4:20 - 4:40pm

Back Pain & Pickleball Injuries | When to See a Chiropractor vs. When to Go to the Emergency Room

CHILL ZONE

No registration required

2:00 to 2:30pm:

Know Your Power Meditation

Release limits. Align with purpose. Connect with your inner wisdom.

3:00 to 3:30

Comedy with Helene Rose

Laugh, grow, and leave feeling lighter.

PICKLEBALL

Pickleball is available all day at Relish, along with special Feel Good Festival programs. Advance registration and walk-up play are both available.

Advance Registration Programs

8:00 - 10am

Advanced Drills & Game play clinic

11:00am - 12:30pm
Intro to Pickleball

SIGN UP HERE

8:00am - 12:00pm
Advanced Open Play



12 - 2 pm & 4-8 pm
Upper Intermediate Open Play

12 - 2 pm & 4-6 pm
Lower Intermediate Open Play

12 - 2 pm & 4-6 pm
Novice Open Play

WALK UP PICKLEBALL

11am - 1pm

Enjoy free Feel Good Festival open play with pickleball pros Ben and Tiff.

No registration required. Borrow a paddle or bring your own, **wear non-marking athletic shoes**, and jump into first come, first served games at your level.

COMMUNITY BIKE RIDE

11:45 Arrival / Ride from 12-12:45

By Louisville Cyclery

No registration required

Community ride, all levels welcome.

3 Guided Rides: Family ride, beginner ride and advanced.

Start and finish at the front of Relish.