

10/30/24

Good Afternoon,

We are thrilled to invite you to the Harmony & Heritage Festival on Saturday, November 9, 2024! This vibrant event, hosted in partnership with Councilor Crystal Smitherman, Sandpiper Advisory Group, and Arlington Historic House, is a powerful celebration of Black history, culture, and wellness.

If you are a health, wellness, or creative arts vendor, we'd love for you to participate! Please complete the vendor registration form to confirm your spot and help us create a meaningful experience for our attendees. Your partnership is greatly valued, and your presence will be key to the success of this community-centered event

We have an exciting lineup of activities planned for the day, including wellness workshops, fresh food tastings, Pilates and strength classes, juicing demonstrations, and fun family activities like pumpkin painting. DJ Giani Martin will set the mood with live music, while an amazing selection of vendors—such as Hipped Interest, Brother Let's Talk, and B Lee Fit—will offer something for everyone.

More than just a festival, this will be a day of wellness, healing, and connection—a chance to nourish the body, mind, and soul while celebrating the incredible cultural contributions of the African-American community.

We can't wait to have you join us for this special day. Should you have any questions, please call Arlington at 205-780-5656 or email [ashley@sandpiperconsult.com](mailto:ashley@sandpiperconsult.com). Thank you for being a part of this journey—we truly appreciate your support.

Looking forward to seeing you at the festival!

Best,

Ashley Mann, Esq.

President & CEO, Sandpiper Advisory Group

[www.sandpiperadvisorygroup.com](http://www.sandpiperadvisorygroup.com)

205-317-9397

# Harmony & HERITAGE FESTIVAL

November 9th  
9am-12pm

Arlington House

9:00 AM - 9:30 AM

**Parent Zone:** Vendor Tabling Available  
Until Event Close

**Kids Zone:** Outdoor Games

10:30 AM - 11:00 AM

**Parent Zone:** Vendor Tabling Available  
Until Event Close

**Kids Zone:** Outdoor Games

9:30 AM - 10:00 AM

**Education Zone:** Creating Herbal  
Medicine Workshop  
**Wellness Zone:** Pilates on the Green  
**Kids Zone:** Outdoor Games (continuing)

11:00 AM - 11:30 AM

**Parent Zone:** Unwind Your Mind: Strategies  
for Stress Free Living Workshop  
**Wellness Zone:** Yoga Workout on the Green  
**Kids Zone:** Pumpkin Decorating Station

10:00 AM - 10:30 AM

**Wellness Zone:** Strength Workout on the Green  
**Education Zone:** Cooking Demonstration  
**Kids Zone:** Black History Coloring  
Book Station

11:30 AM - 12:00 PM

**Parent Zone:** Self-Care for Caregivers  
**Wellness Zone:** Strength Workout on the  
Green  
**Kids Zone:** Pumpkin Decorating Station  
(continuing)



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