

Missoula Healthy Downtown Day

Saturday
November 9, 2013

Public Invited!

9am - 5pm

unless otherwise noted in the
participant's schedule of events
listed in the brochure.

**You can participate in
Healthy Downtown Day by picking
up a brochure with event details
and a map at any of the providers
listed during the day of the event,
and the week before the event!**

Many holistic health and fitness providers are located in the Downtown Missoula area between Higgins Bridge and Circle Square. On Missoula Healthy Downtown Day you will have the opportunity to check out 19 unique small businesses, meet and greet the practitioners, and visit their office or studio without any obligation.

Find out what CranioSacral Therapy is, what Acupuncture does, or what form of Yoga is right for you. Have a cup of tea, learn about Pilates or Reiki, learn how to feel energy yourself, or get a free mini treatment from a massage therapist.

Those are just a sampling of the opportunities for learning and connecting that Missoula Healthy Downtown Day businesses will provide all day long – within easy walking distance from one another. You can take in as much or as little as you want throughout the day, while meeting old friends and making new ones.

- 1 An Escape With Massage Therapy**
127 N. Higgins Ave. #5 (downstairs) • 406-207-7358
- 2 Bella Sauvage**
115 W. Front St.
BellaSauvage.com • 406-541-9032
- 3 Bikram Yoga**
211 N. Higgins Ave. (4th floor)
BikramMissoula.com • 406-541-9292
- 4 Bodies by Bender**
113 W. Main St. (downstairs)
BodiesByBender.com • 406-728-4395
- 5 Brian's BodyWorks/Transcend Massage**
415 N. Higgins Ave. #112 (low. level) • 406-214-5901
- 6 Diamond Heart Healing**
127 N. Higgins Ave. #308 • 406-880-6199
- 7 Downtown Dance Collective**
121 W. Main St.
DDCmontana.com • 406-541-7240
- 8 Evy O'Leary Counseling**
127 N. Higgins Ave. #206
EvyOleary.com • 406-549-2625
- 9 Hot House Yoga**
127 N. Higgins Ave. (basement)
HotHouseYogaMissoula.com • 406-541-YOGA
- 10 Inner Workings Resources**
210 N. Higgins Ave. #207
InnerWorkingsResources.com • 406-443-3439
- 11 Lake Missoula Tea**
126 E. Broadway St. #22 (upstairs)
LakeMissoulaTeaCompany.com • 406-529-9477
- 12 Main Street Pilates**
211 N. Higgins Ave. #320
MissoulaMainStreetPilates.com • 406-541-CORE
- 13 Mandala Massage**
126 E. Broadway St. #23
MandalaMassage.net • 496-529-8726
- 14 Missoula Community Acupuncture**
127 E. Main St. #314
MissoulaCommunityAcupuncture.com • 926-1611
- 15 Mountain Reflexology**
127 N. Higgins Ave. #308 • 406-830-7276
- 16 Shana's Heart of Healing**
127 N. Higgins Ave. #303
ShanasHeartOfHealing.com • 406-396-5788
- 17 Studio D Pilates**
420 N. Higgins Ave.
StudioDmissoula.com • 406-360-7421
- 18 Yoga Fitness Center**
123 W. Alder St.
YogaFitnessCenter.net • 406-728-6770
- 19 Your Energy Fix**
415 N. Higgins Ave. #19
YourEnergyFix.com • 360-840-3492