



FOR IMMEDIATE RELEASE

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Waconia and the surrounding communities invited to All's Well Gratitude Event June 20

Waconia, Minn.—June 4, 2018— Waconia and surrounding community residents are invited to attend a “Gratitude and Random Acts of Kindness” event on Wednesday, June 20, at Schram Vineyards, from 5 to 8 p.m. The goal of All's Well – Wellness for All is to raise awareness and support for a new community initiative based on gratitude and random acts of kindness. Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. Community members who are passionate about impacting the lives of individuals, communities and organizations through promoting health through happiness are especially invited to attend the event.

The June 20 event will include a brief overview of the gratitude initiative, giveaways, wine, beer and light appetizers. This gratitude event is hosted in partnership by Ridgeview Medical Center, Waconia School District 110, All's Well and Thrivent Community – Laketown. The cost is \$10 and proceeds will benefit the All's Well Pay it Forward community initiative and future wellness events. Space is limited. Please RSVP to Mary Ann Somers, maryann.somers@thrivent.com or 952-442-8461. Schram Vineyards is located at 8785 Airport Road, Waconia, MN 55387.

All's Well is a partnership of community, school and business leaders who are working together to help residents of all ages live healthier, longer, happier lives. Organizations, businesses, schools, faith communities, teams/clubs and community members are also encouraged to sponsor or host activities that support or align with the All's Well mission.

About All's Well

All's Well is a cross-community task force sharing ideas to encourage area residents and their families to form and sustain active living, health eating habits and promoting health through happiness. For more information visit www.allswellmn.com.