



# A GLOBAL CELEBRATION TO LIVE WELL PHYSICALLY, MENTALLY and SOCIALLY

The 6th edition of World Wellness Weekend (WWW) will start on Friday 16 Sept 2022 at sunrise in Fiji, until sunset Sunday 18 in Hawaii, with "**LIVING WELL TOGETHER**" as the main focus, **coordinated by 150 volunteers** around the globe (WWW Ambassadors & Coordinators), in **over 900 cities from Brussels to Winnipeg**.

**4,000 participating venues in 140 countries** will be accessible on the **World Wellness Map** for millions of people to find fun, free, inclusive group activities, classes and workshops near them, to enjoy with friends and family.

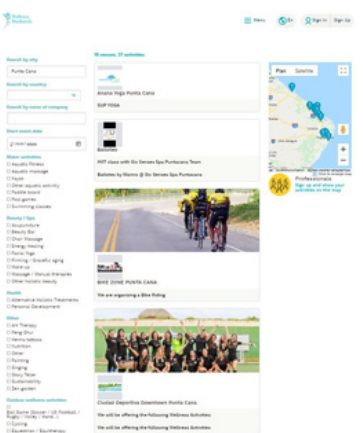
Professionals and venues sign up (free) on [www.wellmap.org](http://www.wellmap.org) and schedule free group classes Sept 16-17-18 at their facility or in local parks and recreational areas. There's a one-class minimum, and venues offering three free classes or more will receive a "2022 Wellness Champion" badge.

The public connects on [www.wellmap.org](http://www.wellmap.org) (18 languages) to search a city or click directly on their favorite type of activity. They instantly locate venues nearby, read the description of activities, and book in advance (in case of limited free seating): Yoga classes, Fitness sessions, Guided Relaxation and Meditations promoting "**Inner Peace & World Peace**", Cancer Aware webinars by Wellness For Cancer supported by **Immunocologie**, wellness activities in Hot Springs, traditional heat ceremonies in Saunas with the support of the International Sauna Association, Tree planting in Brasil and Vietnam, Samba classes, Flamenco, Ballet to experience the joy of being well! Let's salute the "Tap & Clap" sessions broadcasted throughout Quebec with the support of the biggest association of seniors in Quebec (550.000 members), and the cities of **Jerez, Cadiz, Tenerife** (Gran Canaria, **Niederbronn Les Bains** (France), **Punta Cana** organizing 30 to 100+ activities for locals and visitors!

With the support of 60 associations and federations such as IHRSA, ISPA, CIDESCO..., venues open their doors and showcase how their classes and activities are part of the solution for local residents to be more active, more often. Everyone is encouraged to find a fitness partner (or a "wellness buddy") to set goals and stay the course towards longer, healthier and happier lives.

In association with Wellness Tourism Association, city officials and visitors' bureaus are promoting must-try wellness experiences and "wellness weekend" packages to attract visitors and enchant locals, like the cities of Alassio, Florence, Hué, Marbella, Niederbronn-Les-Bains, Punta Cana, Ubud, Val di Fiemme...

WWW is aligned with the **UNITED NATIONS** since 2017, supporting SDG 3 "**Good Health and Well-being for All**" and is one of the partners of the **European Week of Sports** organized by the European Commission. We promote Wellness through **5 Pillars: SLEEP & Creativity, NUTRITION & Immunity, MOVEMENT & Vitality, MINDFULNESS & Serenity, SENSE OF PURPOSE & Solidarity.**



*There is no nobler purpose than to encourage people to become the best version of themselves*

Jean-Guy de Gabriac, international consultant in guest experience and founder of WWW.

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