

## Healthy Homewood Fest will give wellbeing tips on July 16

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Healthy Homewood Fest, a new outdoor festival planned for Saturday, July 16, in Homewood, will bring together wellness providers for physical and mental wellbeing.

Healthy Homewood Fest will take place from noon to 8 p.m. on Martin Avenue in downtown Homewood with a main stage and smaller tents for exhibitors.

The fest is set to have live drum music, dancing, meditation, yoga, oracle card readings, healthy food, body weight workouts, a gong wash and numerous vendors with a focus on health and wellness.

Healthy Homewood Fest is organized by Liz Smith of Serendipity Yoga and the Village of Homewood. Smith said many festivals are more focused on what you can physically buy and not services, but that's not Healthy Homewood Fest.

"We were trying to focus more on the services that are present in our village – not only what you can buy but what you can experience," Smith said.

"Homewood has an amazing array of wellness providers. We have a lot of chiropractors. We have fabulous massage therapists. We have wonderful therapists in town. Gyms. Yoga," Smith said. "The

thought was: Why not bring everybody, or at least a good sampling of everybody, together into one space?"

In October 2021, there was a similar event, the Homewood Wellness Festival, but it was smaller and indoors. Smith said there were about 17 exhibitors and a couple hundred attendees. This year, Healthy Homewood Fest is set to have 20-25 tents and the main stage.

The registration window for exhibitors had closed by mid-June, but Smith said she is still hearing from people, so the fest may continue to grow "because we're outside, we're not capped at a specific number of people."

At Healthy Homewood Fest, Smith said "wellness" isn't only defined as therapy, exercise and medicine. Vendors such as Bookie's, the local bookstore, will be there. Smith said the philosophy is essentially that music, books and what brings happiness can be a part of wellness, too.

"Taking care of ourselves starts in our own body. But then bringing community together to take care of each other is then the ultimate culmination," Smith said. "If we can better take care of ourselves, we can better take care of each other."

Smith hopes Healthy Homewood Fest is "the first of many festivals of this type for years to come" in Homewood.

## Flossmoor OKs liquor license limited to events at selfie studio

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The Mommie Experience, a selfie-studio, will have the ability to serve alcoholic beverages, but only during private parties.

The Flossmoor Village Board voted 5-0 on Monday, June 6, to create a Class E-VGP liquor license to pave the way for The Mommie Experience to serve alcoholic beverages exclusively during private events. Trustee Gary Daggett was absent.

The approved ordinance allows for on-site alcohol consumption only during private events held between the hours of noon and 10 p.m. No video gaming will be permitted, according to Village Manager Bridget Wachtel.

The business in Flossmoor Commons at 3327 Vollmer Road, Suite B, features 12 selfie installations with a theme of motherhood. It caters to families and friends, but is also open to events such as baby showers and karaoke nights, according to the owners.

"I wish you luck," Trustee George Lofton said. "I think you have a very impressive and fun business for the community."

The owners originally pitched their plan for the business, a selfie studio to the board on March 21 asking for a liquor license to serve wine and cocktails to clients, but village officials expressed some concerns about how to allow for on-site alcohol consumption without classifying the business as a bar.

Flossmoor does not allow bars and did not want to grant a license that would open that door. The village has allowed for on-premise alcohol consumption only when it is associated with a restaurant.

Village Attorney Kathleen Field Orr in March pitched the idea of tying the license to events only.

"What we want to do is facilitate your business, but we want to make sure we're not opening Pandora's box," Orr said.

Village Manager Bridget Wachtel reported to the board that the building department confirmed compliance by the The Mommie Experience with all health code regulations for food and drink to be served. The owners initially said they did not plan to serve food but were open to the idea of a snack bar.

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