



LIGHT & WATER

P R E S S R E L E A S E

for immediate release

May 1st, 2023

thedow@lightandwater.org

www.lightandwater.org



Welly Weekend 2023

#wellyWEEKEND

Sacramento's 1st Annual Welly Weekend Festival

MAY 12TH - 14TH

An oasis of live music, dinner parties, art exhibitions, wellness experiences, short films, a pop up skate park and more to celebrate #MentalHealthAwarenessMonth.

15+ Live Music performances, Dinner Parties, Mothers Day Brunch, Wellness Park, A pop-up Museum of Art & Photography, 20+ Short Film screenings, Artist talks, Fashion exhibitions, Vendors, Wine Tastings and more



DEL PASO BLVD.

SACRAMENTO, CA 95815

www.lightandwater.org

MADE BY LIGHT & WATER

Something special for your Second Saturday & Mother's Day Weekend

2023

#wellyWEEKEND



Send Light & Water your music, film, art, photography, etc. to be featured on our #WellyWeekendPlaylist in the Welly Lounge during Welly Weekend.

Where to submit works
www.lightandwater.org

For large files, email works to
thedow@lightandwater.org
(please make sure share settings are on)

#wellyWEEKEND

Details

DATE

Friday May 12th - Sunday May 14th

HOURS

Friday 7pm - 11pm

Saturday 12pm - 9pm

Sunday 10am - 6pm

LOCATION

Festival entry begins at 1830 Del Paso Blvd., Sacramento, CA 95815

COST

Varies by day and experience. Please see registration link.

AUDIENCE ADMITTED

All ages welcome (Some sections are 21+ only and will require proof of ID for entry)

WHERE TO GET TICKETS

www.lightandwater.org

FOR MORE INFORMATION

thedow@lightandwater.org

About #wellyWEEKEND

Sacramento's **Del Paso Boulevard** is all set to host the **1st annual 3-day festival and Interactive media conference, "Welly Weekend"**, from May 12-14, 2023. The festival is brought to you by Sacramento-based nonprofit, Light & Water, in collaboration with the Del Paso Blvd. Partnership, Capsity, Shift Coffee, Office of Arts & Culture, Square Root Academy, Limitless Management, Phantom Galleries, Kre8tive Connections, 1upRetro, Sac Dance Lab, and lots lots more.

The festival promises to be an exciting weekend for all age groups, with a variety of experiences and activities planned. The opening night on Friday, May 12, kicks off with a "Dinner And a Movie Night" & Wine Tasting Experience, followed by a full day of activities on Saturday, featuring a special musical performance by Sacramento native, Yelly. Saturday's lineup includes a range of art, wellness, technology, and food-based experiences that are sure to pique everyone's interests. Sunday is Mother's Day, and the festival ends on a high note with a special Mother's Day Brunch and wine tasting experience.

The festival aims to bring together Sacramento's diverse communities, showcase local talent and creativity, and promote wellness and connection. Attendees can expect an unforgettable experience filled with live music, dance performances, films, interactive installations, and engaging workshops. The Interactive media conference will provide an opportunity to learn and engage with industry experts and innovators.

Don't miss out on the opportunity to participate in this one-of-a-kind festival! Join us at Del Paso Boulevard in Sacramento from May 12-14, 2023. Tickets are available now on the festival website.

www.lightandwater.org

About **LIGHT & WATER**

Light & Water is a 501(c)(3) non-profit wellness ecosystem on a mission to help further the advancement of mental health & wellness within under-resourced communities by modernizing and cultivating a sustainable, inclusive, and easily accessible wellness ecosystem where wellness professionals and novices are served and celebrated.

Across the three years since our founding, Light & Water has been fortunate enough to expose over 2,500+ community members to various wellness practices including: Meditation, Yoga, Sound Therapy, Art Therapy, and more through wellness education programming, youth internships, and community events and partnerships.

We are based in Sacramento, CA and love what we get to do!

Contact us

If you'd like to sponsor, volunteer, want to participate in Welly Weekend, or if you have general or media inquiries email

thedow@lightandwater.org

#WellyWeekend #WellyWeekend2023 #FreeYourMind
#MentalHealthAwarenessMonth #SacramentoWellness
#MadeByLightAndWater

Thank **YOU**