

FOR IMMEDIATE RELEASE | October 8, 2026

More connection. A little calm.

Free Wellbeing Fest returns to Fishers November 8

Local wellness experts, hands-on experiences and a new Cozy Cat Corner give Hoosiers a reason to pause before the holiday rush.

FISHERS, Ind. — **Nearly seven in 10 U.S. adults say they needed more emotional support** than they received, according to the American Psychological Association’s 2025 Stress in America survey. **Holistic Hub Wellbeing Fest**, sponsored by Holistic Dental Wellness of Carmel, offers an invitation close to home: spend an afternoon connecting, exploring and discovering new ways to support your wellbeing.

Presented by Indy Holistic Hub, the **free November 8 festival** brings wellness professionals, interactive experiences, featured speakers and local artisans together at Hub & Spoke in Fishers. Come for an hour or stay for the afternoon with opportunities to ask questions, try something unfamiliar and find resources you can use beyond the event.

“The holistic health and wellness community keeps growing, with new approaches and tools to explore,” said **Jennifer Seffrin, Founder of Indy Holistic Hub**. “Whether you’re just getting started or have been exploring wellness for years, there’s always someone new to meet and something more to learn.”

TRY SOMETHING. MEET SOMEONE. TAKE AN IDEA HOME.

Make time for calm: Explore restorative yoga and a crystal bowl sound experience through short sessions in the Wellbeing Activity Room.

Feel sound in a new way: Try a complimentary mini session on Resonant Recharge’s vibroacoustic table, where low-frequency sound becomes physical vibration.

Find support nearby: Meet local professionals working in movement, mobility, brain health, nutrition and other areas of wellbeing.

Connect through cats: Making its festival debut, **PurrCon’s Cozy Cat Corner** features adoptable ARPO kittens, Feline Friendship Bracelets, coloring and crafts.

Explore the marketplace: Discover local artisans, wellness products, gifts and food.

TWO FEATURED TALKS

Noon — KJ McGlinn: Presence Over Purrfection: A SuPURR Approach to Wellbeing. Stories, humor and practical ways to make room for presence, connection and rest. KJ is the founder of PurrCon and

KJ Media Company, known to Indianapolis audiences from the Smiley Morning Show and to TV viewers across the country as the Kitty Correspondent.

2 p.m. — Paula Rene Lord: Vision In Motion: Aligning Energy, Posture, and Purpose for a Clearer Future. An interactive exploration of posture, movement and purpose. Paula is a movement educator with more than 30 years of experience and master-level certifications in gymnastics, Pilates and corrective exercise.

MEDIA ASSETS: Click [HERE](#) for photos from previous events. Click [HERE](#) for PurrCon photos.

LOCAL MEDIA: BRING THE EXPERIENCE TO YOUR AUDIENCE

A posture check with your anchors: Paula leads simple standing and movement exercises, inviting participants to notice their balance, awareness and focus.

Kittens—and a little play—in the studio: KJ brings kitten interaction or a quick round of Musical Cat Boxes™ for an engaging festival preview.

Beyond the studio: Explore a free local outing, profile participating wellness businesses or preview an experience such as the vibroacoustic table. Guest availability and demonstrations can be coordinated.

PLAN YOUR VISIT

When: Sunday, November 8, 2026 | 11 a.m.–4 p.m.

Where: Hub & Spoke | 8100 E. 106th St., Fishers

Admission: Free; optional VIP experiences available

Information and registration: holistichubwellbeingfest.com

Title sponsor: Holistic Dental Wellness of Carmel

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Statistic source: [American Psychological Association, 2025 Stress in America survey](#)