

Monmouth Wellness Network

Monmouth Wellness Network is a unique collaboration composed of local, holistic practitioners and small businesses who seek to enhance the wellness of their community by showcasing their services at pop-up reFRESH Markets, by integrating into the workplace as a wellness team, and by showing support for the community through outreach programs and charity events.

Services Offered

Body:

Hiking/ Nature Walks
Yoga Classes, Private Sessions
Speciality Yoga Sessions
Personal Fitness Training
Kinesiology & Posture Training
Assisted Stretching
Massage Therapy
Neuromuscular Therapy
Rehab Bodywork Therapy
Health Coaching
Ayurvedic Counseling
Holistic Nutrition
Healthy Local Meal Delivery
Blood Type Personalized Nutrition
Herbal and Tea Workshops
Natural Skincare and Makeup Workshops
CBD Consultation

Mind:

Life Coaching
Social Work Counseling
Telehealth Therapy
Wellness Consultation
Teen/Women's Health
Anxiety/Depression
Philosophical Resources
Literacy Connection
Goal Setting/Self-Awareness
Stress Management
Vision Board Workshops
Mind/Body Therapies

Mental Strength
Team Building
Psychoeducation
Trauma Specialty Services
Learning Disabilities Services

Spirit:

Lifestyle Geography
Garden Party
Mindfulness/Visualization
Meditation/How To Meditate
Intention/Manifestation Techniques
Crystal Bowl Energy Clearing
Reiki Energy Healing
Full Moon Women's Circles
Breathwork Techniques
Healing Crystals Consultation
Sacred Feminine Divinity Series

Products Available

Daily Dose CBD Products
Griffy's Organics Juice and Protein Shakes
DoTerra Essential Oils
BeautyCounter Skincare and Makeup
Witchy Washy Vegan Soap Products
Shaklee Nutritional Supplements
Freedom Rocks Crystals, Textiles
Dish You Well meal delivery
NU Tea Unsweetened Iced Tea. Amplified.
Arm Candy Beading Bracelets
Siren Essentials Elderberry Syrup & Teas

Monmouth Wellness Events and Outreach Programs

Monmouth Wellness Network aims to integrate physical, mental, and spiritual practices into the community through a variety of channels, including the pop-up market sector, the workplace, as well as being an outreach group to help support local charities and organizations.

reFRESH Market:

Seasonally-themed pop-up market of wellness vendors doing meet-and-greet introductions, mini-consultations, and demonstrations of their services. Additional vendors can sell wellness products, and market features local musicians and artists.

Targeted Locations: Community yoga/pilates studios, health clubs, outdoor venues, recreational parks, area schools and colleges, coffee shops, community spaces, country clubs, hotel venues, restaurant/company event rooms, boardwalk and beach venues.

reFRESH Work:

On-location work-wellness experiences, customized to fit the number of staff members, and tailored to fit employee wellness needs. Corporate work environments, local businesses, schools, organizations, teams, and groups accommodated.

Targeted Staff: office staff, teachers, medical staff, laborers, craftsmakers, mechanical technicians, stylists, construction workers, drivers, commuters, overnight staff, factory workers, machine operators, food service workers, bodywork practitioners, beauticians, estheticians, writers, business associates, financial and law professionals, doctors and surgeons, students, athletes, artists.

reFRESH Community:

Community outreach events, awareness education, fundraising, donation and volunteer work, and wellness efforts toward special populations as well as the general public, animal rights activism, environmental organizations, advocating for higher FDA standards, and other social movements that will enhance the wellness community in Monmouth County.

Targeted Specialty Populations and Organizations: Women, teens, kids, mothers, men, LGBTQ+, Autism Spectrum, ADD/ADHD, Depression/Anxiety, Trauma and Grief, Social Anxiety/Self-Esteem, Oncology, Suicide Prevention, Mental Health Association, veterans, homeless community, local non-profit organizations, volunteer associations, local charities and support groups.