

Patch

Boston

Sabrina Suros | October 5, 2021

Save the Harbor/Save the Bay Hosts Harbor Healing Wellness Fest at Constitution Beach



Maria Rodriguez and Miss Massachusetts Earth, Olivia Bulgin, prepare to kayak with Piers Park Sailing Center.



Aashka Dance Company has participants dancing to Soca Zumba.



Participants enjoy free yoga on the beach led by TrillFit.

Save the Harbor/Save the Bay's first-ever Harbor Healing Wellness Fest was held last Saturday at Constitution Beach in East Boston.

Scores of community members took part in the family-friendly event, which included free yoga and family fitness from Trillfit, a free Soca and Bachata dance class from Aashka Dance Company, music by DJ Cakewalk, kayaking with Piers Park Sailing Center, and additional resources from community organizations including the East Boston YMCA, Foster Massachusetts, Namastay Sober, the Boston Water and Sewer Commission, local business vendors, and more!

Thanks to the East Boston Neighborhood Health Center and Last Mile, free COVID-19 vaccinations were available throughout the day.

"It's great to see Save the Harbor and the East Boston Neighborhood Health Center encouraging healthy outdoor activities on our public beaches," said Rep. Adrian Madaro of East Boston, who co chairs the

Metropolitan Beaches Commission, which helped fund the event through Save the Harbor's Better Beaches Program Partnership with DCR.

Small-businesses and nonprofits from across Massachusetts participated in the event including ByOmayda Art, Mud

Dove Pottery, Aashka Dance Company, Trillfit, Scents for Cents, Coast Cannabis, DJ Cakewalk, the MWRA, Massages by Kori, MJ Creations, Smile Drinks, NamaStay Sober, the East Boston Neighborhood Health Center and the East Boston YMCA.

"We've seen record numbers of folks going out and using public green and blue spaces for self-care since the beginning of the COVID-19 pandemic," said Chris Mancini, executive director of Save The Harbor/Save The Bay. "I think it's clear from the smiles on the faces of community members kayaking with Piers Park, dancing with Aashka, and working out with TrillFit that being near Boston Harbor is bringing joy and wellness to everyone on Constitution Beach today."

Harbor Healing is an initiative started by Joye Williams and Maya Smith of Save the Harbor/Save the Bay with the intention to aid in repairing the relationship that community members of color may have with our region's beaches by addressing the traumas that have taken place and providing things to do on the beach that bring spiritual healing, mental wellness, joy, and overall health.

"Founding Harbor Healing in 2020 was an incredible experience," said event organizer and Save the Harbor / Save the Bay's Partnerships & Program Development Director Maya Smith. "We were able to work with healers and naturalists to create some intensely moving content that lives on Save the Harbor's Youtube account. This year, we are able to bring all of that magic to a Harbor Healing Wellness Fest to share with our

community in person, and we couldn't be happier."

"Harbor Healing is an opportunity to support and highlight the amazing local work of wellness businesses, organizations, and creatives. This initiative allows these groups to show the many different ways to express healing and wellness on our region's beaches and share them with their communities," said event organizer and Save the Harbor's Operations Manager Joye Williams. "Who doesn't need more of that?"

Save the Harbor/Save the Bay's Director of Development Patricia Salic was at the Harbor Healing Wellness Festival on Saturday, and thanked all those who took part. She took a few moments on Saturday to thank Save the Harbor's Better Beaches program and policy partners and event sponsors. These included Harpoon Brewery, JetBlue, the Richard Saltonstall Charitable Foundation, P&G Gillette, National Grid, Comcast, Beacon Capital Partners, Mix 104.1, Boston Centers for Youth & Families, The YMCA of Greater Boston, The Daily Catch, Boston Event Specialists, the Blue Sky Collaborative, and Keezer Sportswear for their support, as well as the nearly 1,000 individuals who contributed to the support of the Harpoon Shamrock Splash.

Saturday's event was one of scores of events planned for the region's public beaches from Nahant to Nantasket this year, as part of Save the Harbor/Save the Bay's Better Beaches program partnership with DCR.

To find out more about Save the Harbor/Save the Bay, visit their website at savetheharbor.org and follow @savetheharbor on social media.