

# RISE SPRING TOUR

## Durham, CT

**Date:** Friday, May 3

**Time:** 7–9 PM

**Location:** Core Club & 24/7 Gym  
350 Main St  
Durham, CT

**Register:** <https://amare-rise-durham.eventbrite.com>

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### Event Hosts/Speakers

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**Jacki Fish**  
*Silver Heart Mentor*



**Pat Hintze**  
*Founding Wellness Partner*

**Your mental health is not just in your head — it's in your gut too!**  
**Join us at our Spring Rise Tour event to learn more!**

Amare, The Mental Wellness Company, has developed the world's first award-winning gut-brain axis nutrition system to help people optimize their mental wellness. Attend this special event and find out how you can take yourself to a higher level of mental and physical performance.



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