

# RISE

## WINTER TOUR

## Bismarck , ND

**Date:** Saturday, February 23rd  
**Time:** 10:00 AM - 1:00 PM  
**Location:** Courtyard Marriott  
3319 N 14th Street  
Bismarck, ND  
**Register:** <https://amare-winter-bismarck.eventbrite.com>

### Featured Speaker



**Pat Hintze**  
*Founding Wellness Partner*

**Your mental health is not just in your head — it's in your gut too!**  
**Join us at our Winter 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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