

2026 NEIGHBORHOOD SUMMER WELLNESS SERIES:

Impact Report



*Supported by
the Northwest Neighborhood Grant*

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EXECUTIVE SUMMARY & MISSION

This summer, Self Love Club brought community-focused wellness, movement, and connection directly to Edgewater State Park. Thanks to the support of the Northwest Neighborhood Grant, we successfully fulfilled our core mission: to provide accessible, non-gatekept wellness where healing, nature, and inclusivity come first.

We set out to create a safe space where wellness met community without the pressure of cost or exclusivity, while breathing new life into our shared public parks.

Our goal was simple: to make wellness approachable while breathing new life into our shared public parks. Over 400 community members showed up for themselves and each other this season.

PARK ACTIVATION & COMMUNITY REACH

By bringing our programming to Edgewater State Park, we actively utilized and transformed lesser-known, unoccupied sections of the park into vibrant, safe gathering spaces for health, nature, healing and connection. Every session remained completely free, removing financial barriers to wellness.



KEY IMPACT METRICS

400+

ATTENDEES WELCOMED

46

TOTAL WELLNESS EVENTS

3

LOCAL INSTRUCTORS HIRED

100%

FREE & ACCESSIBLE

MOVING TOGETHER: DETAILED PROGRAMMING

Over the course of our summer series, we hosted **46 total sessions** designed to offer something for every body, preference, and schedule, fostering low-pressure connection and somatic healing.

ACTIVITY	SESSIONS	PRIMARY FOCUS
Slow Flow Yoga <i>(Sundays)</i>	10	Mindfulness, stretching, & breathwork
Walking Clubs <i>(Mondays)</i>	20	Peer-to-peer support, connection, & gentle cardio
Pilates <i>(Wednesdays)</i>	9	Core resilience, community strength, & positive self-talk
Mindful Movement <i>(Saturdays)</i>	7	Somatic healing, self- confidence, & nervous system care

LOOKING FORWARD

Across our 46 sessions, the success of the Neighborhood Summer Wellness Series proves that our community is deeply hungry for accessible, outdoor wellness spaces that prioritize connection, inclusivity, and genuine care over perfection.

We are profoundly grateful to our partner Northwest Neighborhood for making this vision possible, to our incredible instructors who poured their hearts into every class, and to the over 400 attendees who showed up for themselves.

The seasons change, but the roots we've planted are here to stay. Every step, breath, and connection this summer laid the foundation for an even more healed future.

*Wellness belongs
to all of us!*

