



PRESS RELEASE

Ignite Your Soul at She's High On Vibes

Belleville, Ontario, March 3,, 2022 - Creativity, energy and community is what **She's High On Vibes** at **1 Bridge St. East** will bring to the Downtown District.

On Thursday, March 3, Owner Melissa Brant was joined by Mayor Mitch Panciuk, Councillor Carol Feeney, Councillor Garnet Thompson from The City of Belleville, Jill Raycroft and Anthony Callahan from the Belleville Chamber of Commerce, David Joyce from MPP Todd Smith's office, Ingrid Moore from MP Ryan Williams Office and Luisa Sorrentino from the Downtown District BIA for an official ribbon cutting and grand opening ceremony.

She's High on Vibes offers art classes, meditation Classes, dance and flow movement classes (Hula hoop), energy healing (reiki) sessions and Mindset coaching all with the main goal of supporting you in living a joyful life that you desire.

"Thank you to The City Of Belleville for the opportunity to pursue my passions by supporting me with an Arts and Culture Grant. That Grant has given me the ability to create this beautiful space where I get to share love, joy, energy, creativity and culture with my community," said Melissa Brant, owner of She's High On Vibes.

Melissa's life wasn't always easy, but she found healing in the practices of mindfulness, life energy and self-love; meditation and movement; creative art and flow. Now, she offers a safe environment for others to discover them.

"Everyone deserves to live a life they desire, to stop living in default and live with a purpose. Come visit me in the studio to find out how I can support you on your journey!"

Follow Melissa on Instagram at @shes_high_on_vibes or at <https://www.facebook.com/sheshighonvibes> to keep up to date with all of Melissa's events.

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For more information please contact:

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