

the Hart

SAVE THE DATE!

meet & greet watch
party with



at

Wednesday 8/31

7pm

drink specials, step &
repeat, prizes &
more!

PARKVILLE
MARKET

WORK

PLAY



LIVE



If you've ever wondered what living downtown is like,
look no further than 360 Main! Our location offers 1&2
bedroom units, studios & micro studios. We have
some availability, but it is limited!

Here are just a few perks:

- + utilities included
- + business center
- + pet-friendly
- + fitness center
- + walking distance to downtown shops & restaurants
- + quick access to i84 & i91

Play!



Know Good Market
@ Semilla Cafe



reSET vendor & retailer
networking event @
the Caf



Hartford Jerk Fest
@ Mortensen Riverfront
Plaza



After Work
Throwback Thursday
@Soul Baila



New Exhibit
Opening
@ The Dirt Salon



Pratturday



Contemporary
Currents @
Mortensen Riverfront
Plaza



Brass Bonanza
@ Real Art Ways



Hartford Live! at The
Old State House

www.parkvillemanagement.com

*Allow me to
introduce myself*

LET'S VISIT: TOIVO CENTER

TOIVO IS LOCATED AT 1477
PARK STREET.
[CLICK HERE TO VISIT
THEIR WEBSITE!](#)

Toivo is a Center for Holistic Healing and Stress Management.

This critical peer-run & trauma-informed organization believes that human connection is essential to healing & is at the heart of everything it does. Most importantly, Toivo serves the community, creating a safe space for those seeking support & understanding.



"TOIVO" TRANSLATES TO "HOPE"
IN THE FINNISH LANGUAGE.



Here's a sampling of some of their programming:
yoga (in both english & spanish) for people of all abilities,
men's/women's support groups, drum circles, sound healing,
writing groups, zumba & tai chi.

Offerings are donation-based.

The sentiment is: *your presence is enough.*



@parkvillemanagement



info@parkvillemanagement.com

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