the Hart





meet & greet watch party with

Wednesday 8/31 7pm drink specials, step & repeat, prizes & more!







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



<u>After Work</u> Throwback Thursday @Soul Baila



<u>Contemporary</u> Currents @ Mortensen Riverfront Plaza



<u>reSET vendor & retailer</u> networking event @ the Caf



<u>New Exhibit</u> <u>Opening</u> @ The Dirt Salon



<u>Brass Bonanza</u> @ Real Art Ways



Hartford Jerk Fest @ Mortensen Riverfront Plaza



<u>Pratturday</u>



Hartford Live! at The Old State House

Allow me to introduce myself

LET'S VISIT: TOIVO CENTER

PARK STREET.

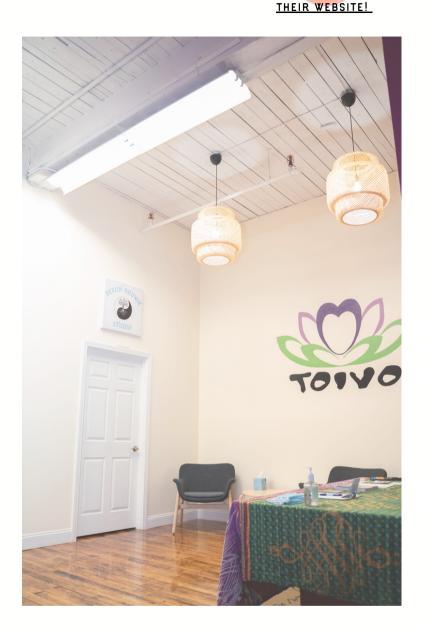
CLICK HERE TO VISIT

Toivo is a Center for Holistic Healing and Stress Management.

This criticial 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.



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