

GNAZZO GROUP

November 2023



ON THE COVER: ALEX VEGA
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Food & Drinks 39

- 40 Hor Vegan Spots in Miami
- 43 The Most Sustainable Rum On The Planet!
- 44 Paula's Food Diaries

*Paula's
Food
Diaries*

Body Care 47

- 49 Best Juice & Smoothie Spots
- 51 Groundbreaking & Integrative Wellness Center



One Tribe: Groundbreaking & Integrative Wellness Center

*INTRODUCING 'ONE TRIBE': A PIONEERING PRE AND POST-NATAL
WELLNESS & EDUCATIONAL CENTER
DEDICATED TO MOTHERS*

One Tribe – a first-of-its-kind pre and post-natal wellness and educational center – is pleased to announce its debut in October 2023. One Tribe is an expert driven platform designed to support and care for mothers, offering a nurturing space where women can find community, integrative wellness and curated knowledge on the journey to motherhood. The center will be a one-stop-shop providing a comprehensive suite of virtual classes and services, ranging from wellness, movement and education, thoughtfully designed for women through every stage of womanhood.



"We are thrilled to officially launch our first One Tribe center in Miami. One Tribe is a one-stop-shop of education and support for women on their journey to pregnancy and beyond. Our vision is to create a sacred space here in Miami and across the U.S. where women can commune, connect, learn and evolve with others during this unique and powerful time in a woman's life."

The founding of One Tribe was inspired when Founder and CEO, Emilie Fritz, realized just how chaotic and overwhelming pregnancy can be, from fragmented self-care for maternal-specific treatments, to disparate education, and a staggering amount of information from endless sources. One Tribe brings together world-class experts from various disciplines to create a go-to source to properly navigate the mother throughout pregnancy and early parenthood. One Tribe introduces a single trusted space in service to the mother, where women can be a part of a like-minded community, get educated, indulge in personalized self-care and beyond. Services include, but are not limited to, acupuncture, psychotherapy, massages, pre-natal yoga, pelvic floor therapy and rehabilitation, Tai Chi, new parent school, sleep training, nutrition and much more.

