

FAQs – Life Space MarketPlace & Wellness Center (for SDAs)

1. What is Life Space?

Life Space is **your one stop for hope and wellness in West Atlanta**. It is a new health ministry outreach from the South Atlantic Conference designed to support whole-person health—body, mind, and spirit—through practical, community-centered services.

2. What is the Life Space MarketPlace?

The Life Space MarketPlace is a **monthly pop-up wellness experience** that brings holistic health resources directly to the community. It will be held on the **4th Sunday of each month** while renovations are underway for the permanent Life Space Wellness Center.

3. What is the Life Space Wellness Center?

The Life Space Wellness Center is a renovated space located in the former South Atlantic Conference office building, across the street from the Atlanta Berean SDA Church. Once fully operational, in conjunction with the ABC, it will serve as a community hub where the Adventist health message is lived out through hands-on services, education, and care.

4. What services will the Life Space Wellness Center provide?

The Life Space Wellness Center will offer:

- Outpatient medical care through a partnership with **Southside Medical Center**, an Adventist-owned and operated health facility
- Plant-based foods, fresh juices, and herbs
- Massage and alternative therapies
- Wellness coaching, fitness, and lifestyle support
- And much more

5. Why is Life Space important to the community?

Life Space exists to meet real needs in West Atlanta by offering accessible, practical tools for healthier living. It focuses on **whole-person well-being**, addressing physical health, emotional support, spiritual encouragement, and community connection.

6. When and where does the Life Space MarketPlace take place?

The Life Space MarketPlace will be held on the **4th Sunday of each month** at the Life Space location (the former South Atlantic Conference office across from Atlanta Berean SDA Church) until the full Wellness Center opens.

7. What is the purpose of the monthly MarketPlace pop-up?

The MarketPlace serves two purposes:

1. To provide immediate wellness support and resources to the community on a monthly basis
2. To offer a **preview of what's to come** at the Life Space Wellness Center by partnering with local organizations and wellness providers

8. When is the Grand Opening of the Life Space MarketPlace?

The Grand Opening will take place on **February 22nd, 2026**, beginning at **11:00 a.m.**

9. What can attendees expect at the Grand Opening?

The Grand Opening will include:

- An opening ceremony and building dedication
- A vegan cooking demonstration by Shi LaChef (shilachef.com)
- Building tours
- A stretch class
- Outpatient medical care provided by Southside Medical Center
- Wellness coaching
- Plant based vendors
- A repair café
- A thrift store

10. Is the event open to church members and the public?

Yes. **All South Atlantic Conference church members are invited and encouraged to attend**, volunteer, and spread the word. The event is also open to the public – so please invite friends, neighbors, and co-workers.

11. How can church members get involved?

Church members can support Life Space by:

- Attending the MarketPlace events
- Volunteering their time and talents (hello@lifespacewellness.org)
- Sharing information with friends, family, and neighbors
- Helping build Life Space into a powerful outreach ministry of hope and healing

12. How can I learn more or stay connected?

For more information, visit **lifespacewellness.org** or follow Life Space on social media:

- Instagram: **@Life_SpaceWellness**
- Facebook: **@LifeSpaceWellness**