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FAQs – Life Space MarketPlace & Wellness Center

1. What is Life Space?

Life Space is a community-centered wellness hub in West Atlanta. It's designed to support your health in every way by focusing on physical, emotional, and spiritual wellness. The goal is to create a space where people feel better, get connected, and find real support for healthy living.

2. What is the Life Space MarketPlace?

The MarketPlace is a monthly pop-up event held on the fourth Sunday of each month. It brings fresh food, free classes, local vendors, medical services, wellness coaching and more directly to the community while the permanent Life Space center is being remodeled.

3. Where is it located?

Life Space is located in the building across the street from Atlanta Berean Seventh-day Adventist Church. The address is 294 Hamilton E. Holmes Drive NW, Atlanta, Georgia – the same building as the South Atlantic Conference Adventist Book Center (ABC).

4. What services are offered?

We offer a variety of services, including:

- Health screenings and outpatient care
- Nutrition coaching and plant-based meals
- Fresh juice and herb blends
- Wellness coaching
- Fitness classes and stretch sessions
- Massage therapy and holistic support
- A repair café
- Thrift store
- And much more



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5. What makes Life Space special?

It's more than just a wellness center. Life Space is a safe and welcoming environment focused on real change. It meets people where they are and helps them take the next step toward better health without judgment or pressure.

6. When is the Grand Opening?

The Grand Opening is scheduled for February 22, 2026, starting at 11 AM. The event is free and open to the public.

7. What will happen at the Grand Opening?

You'll experience building tours, a live vegan cooking demo, wellness consultations, vendors, stretch classes, and more. You can also shop at the thrift store or bring small appliances to the repair café.

8. Who is invited?

Everyone is invited. This is a space for the community. You don't need to be a member of any group or religion to come. Just show up and be yourself.

9. Is this a religious event?

While Life Space was created by people of faith, it is open to people of all backgrounds and beliefs. We respect all journeys and simply want to help people live better lives.

10. How can I get involved or stay connected?

You can:

- Attend a monthly MarketPlace (4th Sunday of the month)
- Volunteer your time or services
- Make a donation at lifespacewellness.org
- Become a vendor or community partner
- Follow us on Instagram @Life_SpaceWellness
- Like us on Facebook @LifeSpaceWellness
- Visit our website at lifespacewellness.org