



## **COLUMBIA HOSPITALITY LAUNCHES “WORK HARD, PLAY HARD” WELLNESS PROGRAM FOR THREE WASHINGTON CONFERENCE CENTERS**

*Seattle-based hospitality management company promotes health, wellness  
and interaction with customized offerings*

**Seattle, Wash. (July 11, 2016)** – Seattle-based hospitality management and consulting company Columbia Hospitality announces “Work Hard, Play Hard,” a wellness program created to enhance meetings and events through healthy, customizable offerings at Bell Harbor International Conference Center (Seattle, Wash.), Kitsap Conference Center (Bremerton, Wash.) and Talaris Conference Center (Seattle, Wash). Many event planners are now incorporating a health and wellness component in their programming, providing conference or convention attendees with active options during their visit.

Designed to promote health and interactivity, “Work Hard, Play Hard” aims to foster creativity and increase engagement for guests. Ranging from creative stations to interactive fitness activities and healthy menus, each program will boost meeting morale and keep energy levels high.

The “Work Hard, Play Hard” program varies for each conference center:

### **Bell Harbor International Conference Center**

*2211 Alaskan Way, Pier 66, Seattle, WA 98121*

- Signature wellness menu includes nutritious breakfast, midmorning and afternoon snacks and lunch.
- Work Hard Enhancement: creative station including brainteasers, coloring books and games to provide an outlet to destress and refocus.
- Play Hard Enhancement: morning fitness classes including strength-building, yoga or Pilates; group strolls along the waterfront to the Olympic Sculpture Park.
- Conference supplies, audiovisual equipment and additional business services.
- For pricing and additional information, please call 888-772-4422.

### **Kitsap Conference Center**

100 Washington Avenue, Bremerton, WA 98337

- Signature wellness menu includes nutritious continental breakfast, midmorning and afternoon snacks and lunch.
- Work Hard Enhancement: creative station including brainteasers, coloring books and games to provide an outlet to destress and refocus.
- Play Hard Enhancement: morning fitness classes include yoga or meditation classes led by community partner Viva Flow Yoga, along with group strolls around Harborside Fountain Park.
- Conference supplies, audiovisual equipment and additional business services.
- For pricing and additional information, please call 360-377-3785.

### **Talaris Conference Center**

4000 41st Street, Seattle, WA 98105

- Signature wellness menu includes nutritious continental breakfast, midmorning and afternoon snacks and lunch.
- Interactive Enhancement: incorporate team bonding by learning to make delicious appetizers or garden cocktails with Chef Peter Levine.
- Work Hard Enhancement: creative station including brainteasers, coloring books and games to provide an outlet to destress and refocus.
- Play Hard Enhancement: morning fitness classes include tai chi, chi gong, yoga or meditation (groups up to 20); spacious lawn and onsite sports equipment; group strolls along the Burke-Gilman trail.
- Conference supplies, audiovisual equipment and additional business services.
- For pricing and additional information, please call 206-268-7000.

For more information, visit [www.columbiahospitality.com/health\\_wellness.php](http://www.columbiahospitality.com/health_wellness.php).

### **About Bell Harbor International Conference Center**

*Bell Harbor International Conference Center (BHICC), including the World Trade Center Seattle and Smith Cove Event Center, is Seattle's premier waterfront conference and event venue. BHICC offers 100,000 square feet of event space accommodating up to 5,000 guests, advanced technology equipment and support, customizable menus, 180-degree panoramic views of Puget Sound, and access to nearby attractions like Pike Place Market. BHICC is the only venue in Washington State that is a member of IACC, adhering to a high set of quality standards in the meeting industry. BHICC is owned by the Port of Seattle and managed and operated by Seattle-based Columbia Hospitality, Inc. To learn more visit [www.bellharbor.com](http://www.bellharbor.com).*

### **About Kitsap Conference Center**

*Kitsap Conference Center (KCC) at Bremerton Harborside is a conference and events center on the waterfront of Bremerton, Wash. The conference center is available for professional meetings and retreats, banquets, weddings and other special events and can accommodate up to 700 guests. KCC offers an ideal waterfront location, featuring magnificent fountains and stunning water views that highlight the Center's marina setting. Restaurants, shops, galleries, museums and world-class golf courses are all nearby. Kitsap Conference Center is owned by the City of Bremerton and managed by Seattle-based Columbia Hospitality. For more information, visit [www.kitsapconferencecenter.com](http://www.kitsapconferencecenter.com).*

**About Talaris Conference Center**

*Talaris Conference Center, a full-service retreat, event and meeting destination that combines a distinctively Northwest environment with metropolitan technology and amenities, is located on 18 acres in a natural, park-like setting near the University of Washington in Seattle. Talaris is just four blocks from University Village and within walking distance of neighborhood restaurants, cafes and jogging trails. With three large conference rooms, two intimate meeting spaces and multiple breakout areas, this wooded oasis is an ideal destination for intimate training workshops, meetings, retreats and other events for up to 150 people. In addition, 31 well-appointed guestrooms complete with flat-screen televisions, daily continental breakfast and other fine amenities are located adjacent to the conference center. Talaris Conference Center is managed and operated by Seattle-based Columbia Hospitality, Inc. For more information call 206-268-7000 or visit [www.talarisconferencecenter.com](http://www.talarisconferencecenter.com).*

**About Columbia Hospitality**

*Columbia Hospitality (Columbia) is a Seattle-based hospitality management and consulting company that was established in 1995 by founder and CEO John Oppenheimer. Columbia's growing portfolio includes award-winning hotels, public and private golf facilities, conference centers and distinctive venues. Columbia creates exceptional experiences for guests and team members while achieving phenomenal results for property owners. With over 20 years of proven success in management, Columbia has also consulted on over 100 hospitality projects worldwide, delivering a high level of customized service to partners and investors. For more information about Columbia and to view the entire portfolio visit [www.columbiahospitality.com](http://www.columbiahospitality.com).*

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