

## Morefit, LLC Named October 2018 East Haddam Business of the Month

The East Haddam EDC and EHBA joined in celebration of Morefit, LLC as the October Business of the Month. Morefit, LLC, founded by Maryla Radziszewski in 2008, is currently located down Creamery Rd in the beautiful, historic East Haddam Village. The 1870's building, which once housed the W. J. Squire factory that manufactured gill nets, was transformed by Maryla into a community driven wellness center. Since 2015, the building is complete with serene massage/treatment rooms, a spacious area to exercise individually, or in a group setting along with a welcoming, relaxing lobby.

Morefit offers expert health and fitness training along with professional wellness services. With a staff of eight well trained and certified instructors and therapists they offer a wide array of group classes, personal training, nutritional counseling, birth doula services, massage therapy (including myofascial therapy / corrective movement patterns, clinical massage, deep tissue massage, sports massage and ayurvedic massage), craniosacral therapy and acupuncture services. It is Morefit's goal to teach clients to actively improve and maintain their health while providing the professional support needed to prevent and treat injury.

Drop in to take one of Morefit's weekly cardio, boot camp, yoga or Zumba classes or sign up for one of the Morefit membership packages. Gift certificates are available for those looking for a meaningful, special gift!

Open 6 days a week M-F 7am-8pm and Saturday 8am-2pm. Morefit is located at 62 Creamery Road, East Haddam, CT 06423. 860-873-1816 [www.morefitct.com](http://www.morefitct.com)