



**Small Business
Development Center
Gannon University**

*Helping businesses
start, grow, and prosper.*

Preque Isle Mind-Body Wellness Center

Business Owners

Sarah Bickel
Kelly Weary
(814) 602-9599
<https://www.presqueislemind-bodywellnesscenter.com/>

County: Erie

Industry: Therapy and
Alternative Care

Year Founded: 2020

SBDC Assistance:
Business Plan Development
Financial Projections
Market Research
Financial Assistance

Additional Partners:

Gannon University SBDC
Center for Business Ingenuity
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Presque Isle Mind-Body Wellness Center

Every day brings new challenges in our lives, professionally, socially, emotionally and physically. Overcoming these struggles can take time and energy. Sarah Bickel and Kelly Weary saw this struggle among their



friends, families, and counseling clients. After decades in the fields of therapy with individuals, families and children, both saw a need for a place to rejuvenate ones physical and mental energy.

This idea formed into the launch of Presque Isle Mind-Body Wellness Center in Erie County. To make their idea a reality, they reached out to the Gannon University Small Business Development Center for assistance.

Gannon SBDC assisted with drafting a business plan, market research, pricing strategies, financial planning, marketing, and business operations. Presque Isle Mind-Body Wellness Center offers professional services ranging from individual therapy and mental health services to varied yoga and massage therapy.

Following over 12 months of work, Kelly and Sarah successfully opened Presque Isle Mind-Body Wellness Center in January 2020 with 14 separate professionals housed at their center. A grand opening was held on February 21st, 2020 to celebrate the one month anniversary of operations. After working with the SBDC Kelly stated, “We would have taken twice as long to open if the SBDC was not there to guide us.”

Success Story