

Contact: Britt Marshall
Email: feelgoodrva@gmail.com

Secondary: Kat DeFrank
Email: groupiesounds@gmail.com
Phone: 434-981-3984



Feel good RVA LLC in collaboration with music blog, Groupie., are proud to announce their second #FEELSOUNDS Nature Clean Up. With the holiday season in mind, the James River Park System the two media and culture initiatives aim to promote a healthier world through community outreach and voluntarism. For their second event, they not only work in creating spaces for activism in nature, but will include community responsibility with the addition of a food drive.

Taking place on November 17, 2019, at 11AM the sites and their supporters will meet at 4001 Riverside Drive to clean up the debris left from nature trail attendees over the summer months with an expected attendance of 50 volunteers. This event, held by the two sites and their creators, Britt Marshall and Kat DeFrank, helps to establish a healthier Richmond where music and art can continue to prosper.

FeelGoodRVA LLC is a Richmond based culture and mental health blog founded by Richmond native, Britt Marshall. The site promotes a healthier and more aware individual experience through openly discussing the real issues people in all walks of life face every day. Through her honest and frank writing, Britt Marshall is able to shine a light on the human in every creator, establishing a more collaborative RVA. Read more at www.FeelGoodRVA.com.

Groupie. is a music and culture blog that covers the vast artistic expression found on the East Coast Mid-Atlantic region of the United States. Founded by Kat DeFrank, aka Dumpster Kat. Groupie. aims to use online platforms to encourage supporters of art to show up off-line. With initiatives to support independent touring artists and merchants alike, Groupie. uses the platform of a music blog to encourage fans and artists alike to collaborate, support, and step outside of their comfort zones to create an environment where art of all kinds can truly prosper.

#FEELSOUNDS is the collaboration between FeelGoodRVA and Groupie. The initiative aims to use the strength of both sites to promote environmentalism, voluntarism, and collaboration in the community.