

FOR IMMEDIATE RELEASE

November 11, 2011

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Madison's Largest Community Health & Wellness Expo Celebrates 3rd Year on January 28 & 29, 2012

Madison, WI - Save the date for January 28 and 29 because Madison's largest community health and wellness expo is coming to the Exhibition Hall at the Alliant Energy Center. The 3rd annual WELL Expo is the only event of its kind, on this scale, for the Madison area and surrounding communities. The WELL Expo features more than 100 exhibitors and nearly 40 lectures in the areas of health and wellness, medical screenings, fitness and athletic fashion, natural and gluten-free foods, eco-friendly products, education and family resources.

The public is invited to attend. Doors open at 10 a.m. on Saturday and Sunday. The first 100 attendees each day will receive a free re-usable bag packed with dozens of goodies. Tickets will be available at the door for \$5 per person, however, there are several ways to receive complimentary admission.

1. The American Red Cross will be presenting a blood drive at the WELL Expo on Saturday, January 28 from 10 a.m. to 4 p.m. All blood donors receive free admission and a free t-shirt. No appointments are necessary.
2. The River Food Pantry, Madison's busiest food pantry feeding 500 Dane County families per week, will be having a food drive at the WELL Expo on Sunday, January 29 from 10 a.m. to 4 p.m. Attendees that bring two non-perishable food items for The River Food Pantry will receive free admission.
3. All WELL Expo Facebook fans have a special offer for complimentary admission. Visit www.facebook.com/MadisonWellExpo

EXPO HIGHLIGHTS

With the focus on health and wellness, attendees can expect to receive a wealth of knowledge in the classroom lectures and by visiting the variety of booths, sample gluten-free and natural foods, receive complimentary chair massage, get their blood pressure checked, participate in a Zumba class and even learn CPR.

"Ask the Doctors" Panel

Local physicians will share their expertise and advice on a wide range of concerns. The audience will have the opportunity to ask questions about specific issues and the hottest topics in health. The panel will have representatives from St. Mary's Hospital, Wisconsin Heart and Vascular Institute, Madison Smile Solutions and more.

(more)

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Keynote Speaker: Charlotte Deleste

Meet Charlotte Deleste, the morning co-anchor of WISC-TV and mother of two, on Sunday, January 29 at 1 p.m. She will be talking about her personal story of inspiration and educating the audience about local resources for parents with special needs children. Charlotte is the founder of Gio's Garden, a respite center for parents with special needs children from birth to age six, waiting for at-home nursing care.

Athletic Fashion Shows

Neena will showcase stylish, comfortable and functional apparel and accessories for yoga, pilates, fitness, dancing, travel or just active living on Saturday, January 28 at 12:30 p.m. From the board room to the gym, the versatile line of clothing from Jockey Person to Person will be featured on Sunday, January 29 at 12:30 p.m. on the Main Stage.

St. Mary's Hospital is the presenting sponsor for the third annual WELL Expo. Supporting sponsors also include Healthy Inspirations, Pro Health Chiropractic, Meriter, The Edgewater Hotel and Wisconsin Heart and Vascular Institute. Media partners include Natural Awakenings and Nature's Pathways. For a complete schedule of events, classes and exhibitors, please visit www.wellexpomadison.com or call 262-245-1000.