



Growing Healthier – Mind, Body and Soul

8th Annual Health Wellness & Lifestyle Expo 2019 presented by WABC-TV with special thanks to Stamford Health, Exclusive Healthcare Partner

The ***8th Annual Health Wellness & Lifestyle Expo 2019 presented by WABC-TV with special thanks to Stamford Health, Exclusive Healthcare Partner*** is gearing up for an extraordinary, life changing two-day event. The expo will take place on September 14 and 15, Saturday and Sunday, 11am to 5pm, at the NEW location - Harbor Point Boardwalk area, Stamford CT. Expo 2019 will feature over 170 exhibitors - group yoga, dance and fitness classes featuring many of the best fitness instructors in the area - 10 different zones showcasing pet wellness, healthy restaurants, healthy food and beverages, activewear lifestyle apparel companies, organic craft beers, organic wine and spirits, live music and a kids zone promising fun and educational activities. Admission and parking are free. **For more information and a complete schedule of events visit, www.HWL-EXPOS.com**

“Stamford Health is thrilled to be the Exclusive Healthcare Partner for the Health, Wellness & Lifestyle Expo 2019. It’s going to be such a fun event, and our team of doctors, nurses and other experts looks forward to meeting and greeting members of the community and being an excellent resource for health and wellness information,” said Audrey Wise, Executive Director, Marketing and Communications, Stamford Health.

Attendees can also look forward to a live, exciting and interactive experience with Billy Blanks of Tae Bo fame and Billy Blanks Jr of Dance it Out and as seen on ABC TV’S Shark Tank throughout the weekend. The father-son dynamic fitness duo, together for the first time in 7 years, will bring their energy of movement, healing and transformation.

Thank you to our sponsors supporting Connecticut's ultimate health and wellness expo, which include, Stamford Health, Exclusive Healthcare Partner and WABC-TV, Presenting Sponsor. Support Sponsors include Grade A ShopRite, Cassena Care at Stamford, Equinox and Sacred Heart University. Cornell University Veterinary Specialists is the proud Pet Wellness Zone Sponsor. Media Sponsors include, WABC-TV, Moffly Media / Stamford Magazine, Hearst Media / Stamford Advocate, News 12 CT, Natural Awakenings Magazine, Natural Nutmeg Magazine, Star 99.9, 95.9 Fox, Hey Stamford, Kids Out and About, Macaroni Kid, Jen Danzi. Expo 2019 is created and produced by TMK Sports & Entertainment, a Greenwich based event-marketing company. For more information and exhibitor and sponsorship opportunities, call 203-531-3047 or visit www.HWL-EXPOS.com and follow us on Instagram @HWLEXPO, Facebook.com/hwlexpo and Twitter @hwl_expo