



Press Release

For Immediate Release: Monday, January 7th, 2019

Health and Wellness Expo this Weekend in Portugal Cove – St. Philip's
Demonstrations, Talks, and Trade Show Focused on Healthy Living

The Town of Portugal Cove-St. Philip's (PCSP) is excited to host the first PCSP Health and Wellness Expo this Saturday, January 12th, 2019 from 9am – 4pm at Brookside Intermediate School. The event is open to people of all ages, with a focus on showcasing resources and businesses dedicated to improving physical, mental, and social health.

The event will feature a trade show with over 40 healthy living exhibitors (full list available at www.pcsp.ca), demonstrations, on-site vitals testing, and nutritious food and drinks. Throughout the day there will also be presentations from guest speakers, including keynote speaker, Dr. TA Loeffleur. Booths and activities are planned for people of all ages, and there's sure to be something for everyone at the PCSP Health and Wellness Expo.

Nick Miller is the Sports Coordinator for the Town of Portugal Cove-St. Philip's and the lead organizer of the event. "At the start of a fresh, new year many people have healthy living resolutions on the mind. We wanted to create an event that brought together all the options for people to see what suits their goals for the year," says Miller, "whether it's learning about a mental health support resource, trying a different fitness program, or finding motivation through one of our inspiring speakers, I hope this event will make a difference in the lives of attendees and encourage people to try something new for their health."

Everyone is welcome and encouraged to attend this event. Admission is just \$5.00 and payable in cash at the door. There will also be a free child minding area on site throughout the day of the expo (restrictions apply, see website for details).

Further details can be found online at:

<https://pcsp.ca/health-and-wellness-expo/>

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