



Press Release

For Immediate Release: Tuesday, January 28th, 2020

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 second annual PCSP Health and Wellness Expo this Saturday, February 1st, 2020 from 10am – 3pm at Brookside Intermediate School. The event is open to people of all ages, with a focus on showcasing local resources and businesses dedicated to improving physical, mental, and social health.

The event will feature a trade show with over 30 healthy living exhibitors (full list available at www.pcsp.ca), demonstrations, opportunities to try fitness equipment, and nutritious food and drinks. Throughout the day there will also be presentations from guest speakers, including a keynote address from Canadian Blood Services. 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.

Everyone is welcome and encouraged to attend this event. Admission is just \$5.00 and payable in cash at the door, with proceeds from each admission providing healthy options at community events. 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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