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2018 Health and Wellness Expos Set for Saturday, Jan 13th

JANUARY 03RD 2018 BY DEE LOFLIN

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Cape Girardeau, Missouri - The 2018 Health and Wellness Expo is set for Saturday, January 13th at the Osage Centre in Cape Girardeau. Doors open at 10:00 a.m. and the event will last until 2:00 p.m. Admission is FREE!

First 200 attendees receive a FREE t-shirt. There are plenty of chances to win attendance prizes. Bring the whole family to visit more than 80 vendors.

Cooking Demos - Come meet some of the best Chefs and Dieticians and learn their secrets and healthy cooking skills! Demos at 11 a.m., noon, and 1 p.m.

Group Fitness Demos - Get ready to sweat and join us in these free fitness classes! Zumba, Yoga, Cardio Drumming and more

Kid's Zone - Parents can go enjoy the Health and Wellness Expo: New Year, New You while the children enjoy the supervised Kid's Zone! No cost! Children's Yoga at 11 am!

Senior Living - They have a whole section just for you! Check out the main floor for tons of great information! AARP | Retirement Living | Fitness | Much, Much More!

Special Features

Free Screenings for all Ages

Blood Pressure

Cardiovascular Risks

Body Mass Index
Postural Analysis
Vision Testing
Hearing Testing
Cardiovascular Endurance Fitness Testing
Flexibility Testing
Muscular Endurance Testing
Strength Testing
Girth Measurements

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