

For Immediate Release

## **OMAHA HEALTH EXPO COMING TO THE MIDWEST!**

The 5<sup>th</sup> Annual - Omaha Health, Wellness, & Fitness Expo – The Mind, Body, & Spirit Fair is coming back to Omaha, Nebraska on April 14-15, 2012 at the CenturyLink Center Omaha.

The Omaha Health Expo is the largest health fair pertaining to wellness, fitness, the mind, body, and spirit in the Midwest and one of the largest in the nation! Last year there were over 300 exhibitors and over 50 seminars. Over 10,000 attendees enjoyed the expo, seminars, keynotes, and the walk and bike ride! This year looks to be even bigger and continue to grow! Because of the continued growth, the event had to move to the CenturyLink Center Omaha to take advantage of the size and so that all of the exhibits and displays could be on one level!

Find out new ways to attain soundness of mind and body, learn how to live longer, better, and happier, check out new ideas to improve your lifestyle and sense of well being. Learn the benefits of being healthy, being pain free or reducing your pain levels. Find out what's new in alternative medicine, nutrition, organic foods, being GREEN and so much more!

Bob Mancuso, Jr., Director of the Omaha Health Expo, said, "The Omaha Health Expo is a unique community event that represents a multi-dimensional, complimentary view of health and wellness. The expo will have seminars on various topics both days. As an interactive event, each attendee will have the opportunity to speak with vendors – experts in their fields at the CenturyLink Center Omaha!"

"This is really an exciting opportunity for the Omaha area to host this health and wellness event," said Michael Braunstein, from Heartland Healing Website and the Village Point Farmers Market.

The Expo will also feature the MS Walk – presented by Blue Cross & Blue Shield and the Omaha Health Expo Bike Ride events in the mornings on April 14-15, as the kick off events for the springtime running, walking, and biking season. The walk event is on the Saturday, April 14 and proceeds go to the National Multiple Sclerosis Society – Nebraska Chapter. Contact the MS Society for more details! The Omaha Health Expo Bike Ride is on Sunday, April 15. Both events start and finish at the CenturyLink Center Omaha. The bike ride event is open to clubs (companies can form their own clubs) and individuals. There are awards for the club levels based on participation (size). Proceeds from the bike ride will go to Eastern Nebraska Trails Network (ENTN) and go toward trail development in eastern Nebraska and greater Omaha.

Mancuso said the Omaha Health Expo is about education. There have been many studies that relate physical fitness, positive attitude, and overall health to a positive impact on the bottom line. Associates can have lower levels of stress and improve their well-being and self-esteem. For the company, that can equate to enhanced productivity and lower health care costs.

New in 2012 is the increased Clinics being offered. There will be clinics on baseball and softball; tennis; football; basketball; gymnastics, karate, running, and many more. There will be cooking demonstrations, beauty demo's and fashion shows, and so much more.

