



And **PRIMA Heart** present the

## Monterey Bay Health, Wellness & Fitness Expo

Join us at the American Tin Cannery for a day of discovery, education, movement, dance, and healthy eating.

**Saturday, June 27th from 9am- 4pm**

Meet your **local resources** in the multifaceted world of health, wellness and fitness.

Connect with people who can help you make the **link between lifestyle and well-being.**

- **Lectures & demonstrations** by our community experts in health, medical wellness, nutrition, integrative therapies, athletic coaching & fitness.
- **Cooking demos** & heart- healthy eats from local chefs. Meet local farmers from the Central Coast including organic and sustainably grown fruits and veggies.
- Get moving with Evolution's coaches and friends! Sample **Thera- Pilates, Zumba, Urban Tribe, Salsa, Athlete's Core, Multisport Training, Athletic and Sports Specific Program Design, Nitrous cycling, Bike Fit, Bike Maintenance Clinic, Cardiovascular Risk Assessment, Lifestyle Management and Wellness, plus more,....**
- *Meet the premier cardiology experts on the central coast: Dr. Sotaria Karahalios from **Prima Heart** will speak on Women's Heart Disease and Preventive Cardiology. Dr. Terrance Moran will discuss current diet trends and advanced lipid management.*
- *Brian Ellinoy, Pharm.D, Integrative Pharamacist Consultant, will discuss "Preventative Wellness" for all ages.*
- *Dave Homa, All Around Fitness will be providing information on how to build a home gym and provide information on products that will enhance health and fitness.*
- *Other speakers to include physical therapy, acupuncture, registered dietitians, massage therapy, and more,....*

**Celebrate all that makes the central coast such a vibrant & healthy place to call home!**