



1st Annual Women's Health, Wellness & Fitness Expo

For Real Women EXPO By Real Women

We invite you to a day full of answers!

What does healthy look like?

Is your mind locked into a definition of what "health" means that seems unattainable?

Are you looking for answers to health, wellness and fitness questions?

Date: Sunday, April 30, 2017

Time: 9:30 - 2:30pm

Registration starts at 9 am with presentations at 9:30 sharp

Location: TASH Fitness - 8816 Bronx, Skokie

1/2 mile east of the Edens (94) and 1/2 block north of Dempster

Cost: \$5 until February 28th

\$10 from March 1 - April 15

\$20 from April 16 - April 29

\$30 at the door

The event won't be complete without you!

Buy your ticket ONLINE now!

Tickets: <http://bit.ly/2gTFvms>

Full list of presentations, speakers and expo vendors are on registration page

FOR MORE INFORMATION CALL: 847-379-5777

We are a group of women who believe you can be healthy no matter your size or your age!

We have gathered a dynamic group of women who are experts in their field, who believe being healthy is more important than the number on the scale.

Spend a few hours with us and learn the FACTS about women's health.

This educational and fun expo will allow you to choose between 2 - 20 minute talks on topics of health, wellness and fitness throughout the day.

Come for the fun, the education, the community, new friendships and even a little shopping.