

TIBETAN MONKS TO OPEN OMAHA HEALTH & WELLNESS EXPO!



The Tibetan Monks will open the 2019 Omaha Health Wellness Fitness Expo - The Mind-Body-Spirit Fair - on Saturday April 6 at 10:00 AM with a Blessing and then a lecture on Peace and Compassion! The Tibetan Monks are on a World Tour and are coming to Omaha!

The 12th Annual - **OMAHA HEALTH, WELLNESS, & FITNESS EXPO - The Mind-Body-Spirit Fair-- April 6-7, 2019** is back again at the **UNO Baxter Arena at Aksarben Village!!! Free Parking!!** Great space, new facility, etc. Also back --- **The Senior Living Expo** -- everything to do with senior living, retirement planning, assisted living, living longer, burial planning, and estate issues. The Vision Resource Fair also!

Some of the Featured Speakers so far on the Main Stage are:

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- "The KETO Diet!" Presented by Tim Rexus from Rexus Nutrition.
- "Chiropractic:It Works! Here's Why It Is Here to Stay...And More!" Presented by Dr. Jess Bethel,Chiropractic, Nutrition,&Acupuncture at Omaha's Natural HealthCenter.
- "Reset Your Body's Clock to Run Younger, Stronger, and MoreBeautiful!" Presented by Dr. Paul Tai from Michigan from Health SecretsUSA.
- "Anxietyand Depression - The Gut-Brain Connection" Presented by Dr. Elena Villanueva from Austin, Texas.
- "Food For Life – Benefits of A Plant Based Diet",presentedby MelissaSherlock, A Certified FoodFor Life Instructor.
- "Elevating Health&Happinesswith Positive Psychology!" Presented by Edrienne Edwards from Texas and FormerMrs. United States.

The Omaha Health Expo is one of the largest health fair pertaining to wellness, fitness, the mind, body, and spirit in the Midwest! Last year there were over 300 exhibitors and over 50 seminars.

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 Baxter Arena!"

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

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 companies that can equate to an enhanced productivity level and lower health care costs.

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.

Seminars, all aspects of senior living, assisted living, retirement planning, and so much more..... Also back -- key feature areas – such as the Fitness, Wellness, Healthy Cooking, Natural Nutrition, Holistic Body Care, and others.

Sandy Aquila from the Omaha Healing Arts Center said, "The expo is creating an opportunity for knowledgeable people in the field of Mind-Body-Spirit to come together. My vision for this event is that it touches and opens the heart-mind of all who attend and proves to be another doorway into deeper understanding of our highest potential".

There are so many new and cutting edge technologies available to help us improve our lifestyle and be healthy. The Omaha Health Expo offers the opportunity to see so much in one place and at one location! If you are interested in your health, retirement planning, improving your health and well-being, then the Omaha Health Expo will be the place to be on April 6-7, 2019 in Omaha! Mark your calendar now and plan to exhibit and attend.

For more information on the Omaha Health Expo, to be an exhibitor, sponsorships, to showcase your company, please contact us.

For additional information, Please Contact:

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