

For Immediate Release

## **OMAHA HEALTH EXPO SHOWCASES LIVING BETTER, HEALTHIER & HAPPIER!**

More than ever, interest in healthy living is growing at the 14th Annual - Omaha Health Expo – will be held May 15 - 16, 2021, at the Ramada Plaza Convention Center, just North of I-80 on 72nd Street. FREE on-line Registration and plenty of FREE Parking!

The Omaha Area's largest Showcase of hundreds of the latest products and services to improve people's Health, Wellness & Fitness featuring Holistic Healing, Green & Senior Living! Discover 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, pain free or reducing your pain levels, as well as what's new in alternative medicine, nutrition, organic foods, being GREEN and so much more!

We are pleased to announce new features at this year's Show including, a chance to discover cold therapy with "The Iceman" Wim Hof method by Breathe and Believe with live demonstrations on showing how to kick Mother Nature's butt, one deep breath at a time. You can also enjoy music therapist demonstrations that for some energize the entire brain helping from the Autistic to the Elderly to improve memory, reduce tremors, enhance their mood, and more effects. Sessions will be scheduled throughout the Show. The Show will highlight new technology from a non-surgical facelift device to the Product launch of the EnozoPRO Aqueous Ozone Sprayer, a new technology for sanitized cleaning with no chemicals or harm to the ozone while killing bacteria and viruses in 30 seconds. The 2021 Health Expo will also be announcing Keynote Speakers and other presentations shortly.

Mike Mancuso, 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 Ramada Plaza Convention Center!"

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 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 May 15 - 16, 2021, 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 the Show Director at 402-346-8003.

The **14th Annual Omaha Health Expo** is sponsored in part by The Reader, Aetna, Valpak & Genesis Health Club. Exhibits will be open to the public Saturday, May 15, from 11 AM to 6 PM and Sunday, May 16, from 11 AM to 4 PM. To attend, simply register for free on-line at [www.omahahealthexpo.com](http://www.omahahealthexpo.com).

**For additional Information, Please Contact:**

Mike Mancuso

Mid-America Expositions, Inc., 7015 Spring St, Omaha NE 68106-3518

402-346-8003 \* Fax: 402-346-5412

[www.showofficeonline.com](http://www.showofficeonline.com)

[www.omahahealthexpo.com](http://www.omahahealthexpo.com)

[info@showofficeonline.com](mailto:info@showofficeonline.com)