



YOU DON'T WANT TO MISS IT !

The Royal Oak Community Coalition Health and Wellness Expo was created as an advocacy effort to connect and empower people seeking information about self-care utilizing complementary and integrative techniques that enhance lifestyle wellness.

The HWW Expo is not the typical experience. In our effort to bring practitioners and the public together, we structure an atmosphere that presents direct access to transformational and innovated health based resources. Throughout the day we provide a variety of health care and opportunities by offering educational mini-sessions, fitness/demonstration classes, find hands on resources and a chance to meet and interact directly with practitioners.

The entire day is dedicated to exploring health and wellness practices for better health outcomes include learning how to enhance one's well-being, and learning how to be an active participant in one's own healing.

The joint effort among all our practitioners will foster awareness and spark motivation to explore sustainable health lifestyle choices, and increase knowledge of the variety of integrative modalities that can be added to the arsenal of strategies when challenged with a health issue.

**Mark your calendar for Saturday, March 5<sup>th</sup>, at Royal Oak High School, 10:00a.m. – 3:00 p.m.**

**For more information click on to our website at [www.romi.gov/rocc](http://www.romi.gov/rocc). Holistic Expo.**

We invite Practitioners and Health Care Product Vendors to access registration forms on the Coalition's website at: [www.romi.gov/rocc](http://www.romi.gov/rocc) Holistic Expo.

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