



WOMEN'S
Health & Fitness
EXPO

HEALTHY *for* THE HOLIDAYS

NOVEMBER 21, 2020 - 10:00AM-5:00PM

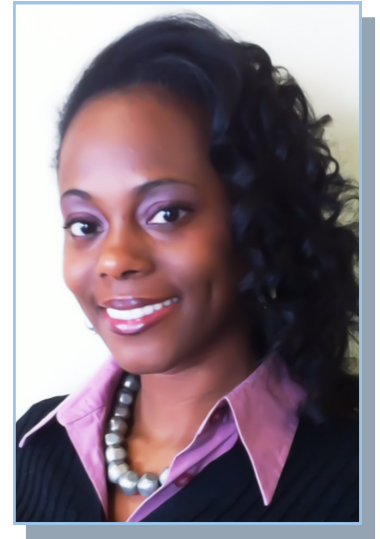
**FITNESS WORKSHOPS, HEALTH SEMINARS
PRODUCT DEMONSTRATIONS, HEALTH AND BEAUTY
VENDORS, GIVEAWAYS AND MORE!**

LOCATION: VIRTUAL EVENT USA | WWW.WOMENSFITNESSEXPO.COM

The Women's Health & Fitness Expo USA would like to thank you for attending our "*Healthy for the Holidays*" virtual event. We hope you enjoy the workshops and giveaways that will take place this year at the Women's Health & Fitness Expo USA. It is important that as women we take care of ourselves and our families. Through proper education and feedback we can provide healthy meals and activities that will enhance the quality of life not only for ourselves but for those around us. Again, thank you for supporting our first virtual event and we look forward to seeing you again next year!

Carlis Lollie

Chief Organizer of the Women's Health & Fitness Expo



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WOMEN
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PLAY TO WIN!

Instructions: Complete the challenges below and upload the information to your Facebook or Instagram page. Please use the hashtags provided. Cash prizes will be given to the 1st, 2nd and 3rd place winner. Winners are chosen at random. Winners will be notified via their social media account. Delivery of cash prize will be as instructed once notified that you are a winner.

COMPLETE THE CHALLENGES BELOW:

1. Take a screenshot of the Ambition Body exhibitor page
2. Take a selfie of yourself with the virtual event homepage in the background
3. Visit Reggie C. Fitness Page and provide a brief 3-5 sentence description of the uploaded video
4. Take a screenshot of Sweat Pretty Soap exhibitor page
5. Visit Texas Hair Restoration and Wellness Center and list one of the services offered
6. Take a photo of yourself participating in one of the fitness workshops.
7. Take a virtual selfie with a live representative from Playful Nails/Color Street
8. Take a photo/screenshot of the AAA exhibitor page
9. Visit Synaptitude exhibitor page and write a brief 3-5 sentence description of service
10. List one item sold from Princess House

Use hashtags: #WHFEUSA #WomensHealthAndFitnessExpo #WHFE2020



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@Womens_HF_Expo



@Womens_Health_Expo

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all ages!



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Sync your wearable to create more comprehensive brain health reports. Take a holistic approach to your health data.

Identify your areas for increased risk for decline

Identify unexpected habits that could be increasing your risk for cognitive decline.

Discover where to start working on better health

Find out how you can address your needs based on your unique lifestyle habits.

Develop strategies for better brain health

Use your results to make lifestyle changes to promote brain health and happy aging.

See how your brain health compares with your peers

See if you are on the right track and receive results compared to peers in your age group.

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ABOUT PI FIT

We all enjoy a good time with family or our favorite girls, so why not add a little fitness to all that fun!! The best part is that we bring the workout to you guys...YES we bring the workout to you!! No gym, no unfamiliar faces, no commitments, no inhibitions, nothing but your personal space and opportunity!! So yes girl, dance like nobody's watching!!! What better way to jump start or keep up a weight loss journey than with your friends...it's PERFECT!!

ATHENA WALKER

Creative Director/Instructor/
ACE-GFI, LMT

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Agent, New York Life Insurance Company
6901 Rockledge Drive, Suite 500
Bethesda, MD 20817
202-215-8533
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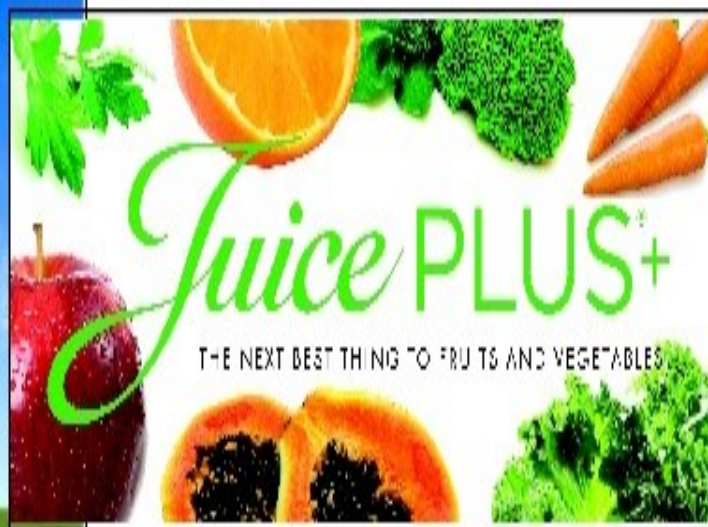
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Scheduled Scans (rentals)

Scan Month - \$4800/month

Scan Week - \$1400/week

San Day - \$500/day

Individual Scans

1 scan - \$60

3 scans - \$150

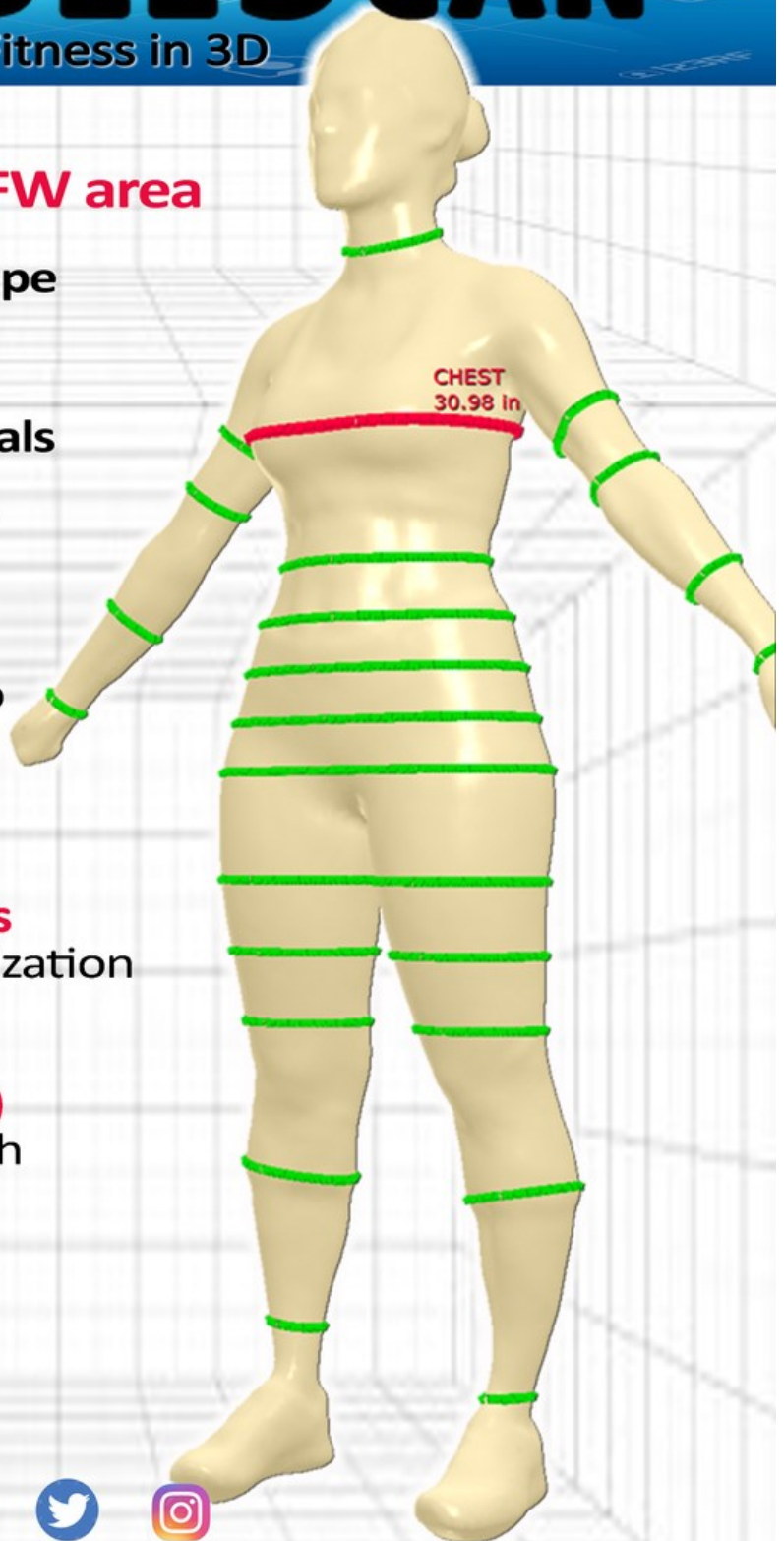
5 scans - \$225

prices vary pending on options



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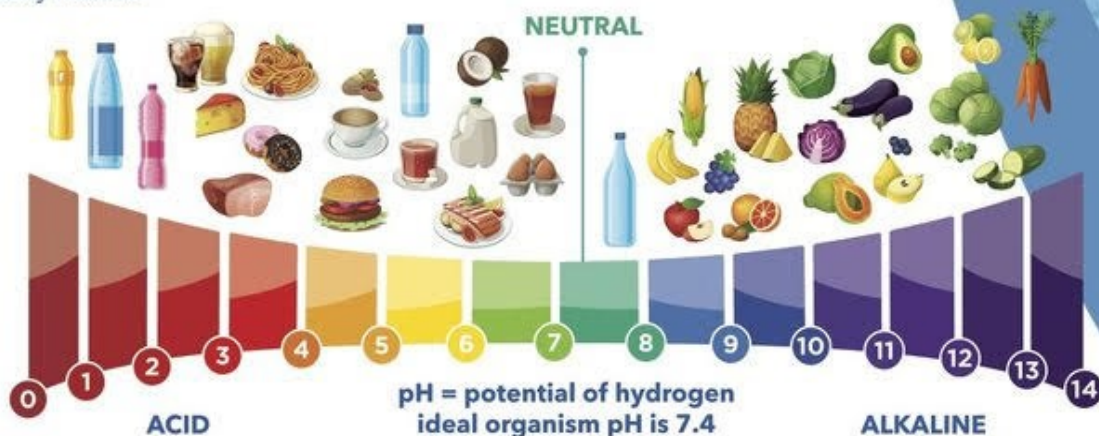
Benefits of Alkaline Water



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- Neutralizes excessive acidity in our blood.
- Increased cells oxygenation and allows for better hydration.
- Oxygen helps destroy cancerous cells.
- Facilitates digestion and nutrients assimilation.
- Helps us permanently losing weight in a healthy manner.
- Powerful Antioxidant effect.
- Controls heartburn while cleaning colon, liver, kidneys, lungs and skin.
- Combats arthritis and heart problems.
- Increases muscles and articulations mobility.
- Regulates glucose levels and blood pressure.
- Consuming alkaline water will reduce the accumulation of acidity in exercising muscles, improving workout intensity and recovery time.

pH SCALE



Carbonated Water, Sodas and Energy Drinks.

Popcorn, cheesecake, butter, raisins, pastry, pork, beer, wine, black tea, chocolate, walnuts, vinegar, light products and sweeteners.

Most purified water, distilled water, coffee, sweetened fruits juice, pistachios, meat, white bread, nuts and wheat.

Fruits juices, most grains, eggs, fish, tea, beans, spinach, soy milk, coconuts, plums, brown rice, barley, cocoa, oat, liver, oysters and salmon.

Neutral pH

Most spring, sea and rivers water.

Apples, almonds, tomatoes, grapes, corn, mushrooms, grapefruit, olives, soy, peaches, bell pepper, radish, pineapple, rice, peaches, strawberries and bananas.

Avocado, green tea, lettuce, celery, peas, sweet potatoes, eggplant, green beans, beet, pears, grapes, kiwi, tangerines, melons, figs, mangoes, papayas.

Spinach, broccoli, artichoke, brussels sprouts, cabbage, cauliflower, carrots, cucumbers, limes, algae, sparragus, kale and onions.