

Health & Fitness EXPO

Learn • Play • Interact

The Health & Fitness Expo is a way to provide health and fitness information in a fun and interactive way to the Southwest Michigan area and their families. The expo is a collaborative effort among many entities including Andrews University School of Health Professions, Be Healthy Berrien, the YMCA of Southwest Michigan, and the City of Niles.

There will be something for everyone at the Health & Fitness Expo.

- Food
- Mini workouts
- Cooking demonstrations
- Nutrition information
- Kids zone with games & activities (face painting, bounce house, and more)
- Local health service information
- Health screenings (hearing, blood pressure, posture & gait analysis, etc.)
- Plus more!

The expo is **free** to all participants. Plus everyone will have the chance to enter to win a variety of prizes, donated by our sponsors and vendors. To have a chance to win all you have to do is come and visit our booths.

Date: Sunday, October 6th, 2019

Time: 12-3pm

Place: Niles-Buchanan YMCA
905 North Front Street Niles, MI 49120

Questions regarding the expo?

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