

your health expo 2006

Sunday, September 24, 2006 • 10AM - 3PM
Salinas Community Center/Sherwood Hall • 940 N. Main St.

FREE ADMISSION!

FROM THE GENERAL MANAGER/EXECUTIVE EDITOR

For your health's sake

Good health is a central part of a good life. It's that simple.

Our universal pursuit of wellness, and our shared vulnerability as living beings, is what makes



Scott Faust

Your Health magazine so compelling. That's also why Your Health, along with Salinas Newspapers, Inc., and our co-sponsors – Steps to a Healthier Salinas and Salinas Valley Memorial Healthcare Systems – are so proud to present the 2006 Your Health Expo, a premier event being held

Sunday, Sept. 24, in Salinas.

We launched the Central Coast Edition of Your Health magazine in April 2004. Originally called CA Health, the publication underwent a name change this summer, but remains every bit as strongly focused on preventive health and consumer education about the opportunities and pitfalls of medical procedures. We circulate 20,000 copies of Your Health in more than 300 locations around the Central Coast. Look for it, read it and enjoy it. It's also good for your health!

SCOTT FAUST is general manager and executive editor of The Salinas Californian

MONTHLY
your health
America's Health Brand



In the October issue:

- **Cosmetic Outlook** — Seven new aesthetic advances for cosmetic medicine
- **Weighing in the Options** — Explore advances in medical weight loss
- **For Dreams Sake** — A dreamless sleep can get in the way of your health
- **Childless by Choice** — The world changes when you choose to not have children

Look for this issue in your local racks - coming October 1st.



First-year expo welcomes everyone!

Your Health magazine is breaking new ground with a first-of-its-kind expo on health, wellness and related services.

This special event, to be held from 10 a.m. to 3 p.m. on Sunday, Sept. 24, at the Salinas Community Center (940 N. Main St.), is totally free and open to the public. There's something for all ages, ranging from a tooth fairy and her puppets to health screenings and demonstrations of all kinds.

In addition to informational displays and experts around the exhibition area, presentations will be made from a stage throughout the event. The atmosphere promises to be lively and filled with the energy of people who care about good health and want to learn more for themselves and their loved ones.

If that weren't enough, people who attend have a chance to win raffle prizes that include a four-day, three-night Cancun vacation and an Ultimate Sports Experience Vacation for lovers of professional athletics.

Come out, have fun, learn a lot and keep focusing on staying healthy!

LECTURES & DEMONSTRATIONS*

- 10:30 AM**
▶ **Healthy Cosmetics**
Presented by Arbonne Cosmetics
- 10:45 AM**
▶ **Tooth Fairy**
Presented by Dental Concepts
- 11:00 AM**
▶ **Dance Demo & Group Participation**
Presented by Shall We Dance
- 11:30 AM**
▶ **Weight Loss and Nutritional Discussion**
Presented by Compliments
- 12:00 PM**
▶ **Tooth Fairy Puppet Show**
Presented by Dental Concepts
- 12:30 PM**
▶ **Bellydancing Fitness**
Presented by Jeanette Brenner
- 1:00 PM**
▶ **Prenatal Massage Demo**
Presented by Aquablue Skin & Body Spa
- 1:30 PM**
▶ **Martial Arts Demo**
Presented by US Martial Arts
- 2:00 PM**
▶ **Folklorico & Eastern Dance**
Presented by Marcella Gonzalez
- 2:30 PM**
▶ **Step Aerobics**
Presented by Elite Fitness.
- 2:45 PM**
▶ **Grand Prize Raffle — Vacation Giveaway announced**
Presented by YourHealth
*Schedule subject to change.

PRESENTERS

Aflac
Alanon Family Groups
American Center of Chinese Medicine
American Red Cross
Aqua Blue Spa
Arbonne Cosmetics
Brenner, Jeanette
Celebrate Recovery
Cohen Insurance
Compliments
Curves
David Sawyer Designs
Dental Concepts
Dr. John Sherman
Elite Fitness
Environmental Assessment Services
Family Medical Clinic, Rudy Garcia, M.D.
Fernandez Flowers/Cookie Lee
Fun Face Painting
Hair by Dzann
Intero Real Estate Services
Ishoku Design
Jeanne Robinson School of Dance
Kirkwood Chiropractic
Mary Kay Makeup
MedNetBrazil.com
Mohandas, M.D.
Natividad Hospital
Ob/Gyn Associates of Central Coast
One Group Organic & Natural Creams
Papa John's
Partnership for Children
Pat Finch Insurance
Prudential California Realty
Relics of Africa
Ruth Ruiz Tax Services
Salinas Firefighters
Salinas Performing Arts
Salinas Valley Memorial Healthcare System
Salinas Valley Plastic Surgery
Sancen Organic Produce
School of Dance
Security Direct ID Cards
Shall We Dance
Simi's Skincare
Steps to a Healthier Salinas
Sunny Line Fashions
Tara's Jewelry & Design
Through the Eye International
Untamed Foods
US Martial Arts
Waffle Place
Walker, Smith, Bolejack
Weight Watchers
Wellness Filter

