



**For Immediate Release**

**Media Contact:** Georgetta L. Morque  
TMK Sports & Entertainment, LLC  
Greenwich, CT  
(203) 531-3047  
(914) 548-4209 cell

**Stamford Hospital Health Wellness & Sports Expo 2013**

**Returns to Chelsea Piers Connecticut, September 21 and 22**

**Stamford, Conn – (September 4, 2013)**-- The Stamford Hospital Health Wellness & Sports Expo 2013 will return to Chelsea Piers Connecticut, the 400,000-sq-ft state-of-the-art sports and recreation facility at 1 Blachley Road in Stamford, Saturday, September 21 and Sunday, September 22, from 11 a.m. to 5 p.m. Now in its second year, the Expo, which is free to the public, promises to be educational, interactive and entertaining for all ages and convey the overall message - take charge of your health. Both Mayor Michael A. Pavia and Governor Dannel P. Malloy have issued proclamations declaring September 21 and 22, 2013 as Stamford Hospital Health Wellness & Sports Expo 2013 weekend in the city and state respectively.

Produced by TMK Sports & Entertainment, LLC, the event will feature free health screenings and educational information provided by Stamford Hospital, a wide variety of exhibitors, fitness demos and more. The public is encouraged to bring one or more nonperishable food items in exchange for free raffle tickets for a chance to win healthy door prizes or tickets can be purchased for \$5. All food and proceeds will be donated to the Food Bank of Lower Fairfield County. Door prizes will be awarded throughout the weekend. There will also be a silent auction featuring sports memorabilia to benefit the Food Bank.

Special guests will include Connecticut native and recently crowned Miss USA 2013 Erin Brady, who will demonstrate healthy cooking with Grade A ShopRite's dietitian Jamie McIntyre, meet and greet attendees and, in her role as Miss USA, serve as a spokesperson for breast and ovarian

cancer education, prevention and awareness. Brady, who will also spend time at Stamford Hospital's Paint the Town Pink exhibit, will be at the Expo on Saturday, from 11 a.m. to 4 p.m.

Additional guests will include News 12 anchor and *12 on Health* reporter Gillian Neff, Saturday and Sunday from 11:30 a.m. to 1:30 p.m., and Gail Goodrich, NBA Hall of Famer, who will be at the Fairfield County Sports Commission exhibit, sponsored by NBC Sports, Saturday, from 11:30 a.m. to 12:30 p.m.

Stamford Hospital will provide complimentary health screenings, such as cholesterol and glucose, cardiac and stroke risk assessments, blood pressure, body fat analysis, and pulmonary function and hand hygiene tests. There will also be information on a variety of medical conditions and treatments, as well as representatives from Paint the Town Pink to promote breast cancer awareness. The Hospital's Mobile Wellness Center, parked outside, will offer mammograms, which are covered by most insurance companies, and free of charge for the uninsured. Mammography screenings will take place on Saturday and Sunday, 11 a.m. to 5 p.m. Appointments are recommended. Call 203-276-2100 for scheduling.

"Visitors can take advantage of important screenings and gain valuable information," said Vicki Hoffman, Stamford Hospital Service Line Director, Orthopedics & Women's Health. "We hope to empower families with a new sense of commitment to healthy living."

Exhibits will cover alternative medicine, integrated nutrition, weight management, children's health, healthy homes, spa and beauty treatments, fitness programs, financial health, green technology, sports medicine, lifetime sports and more.

Debbie Miron, Shaklee independent distributor, will showcase many health products and introduce Shaklee's Biggest Loser 180 Weight Loss Challenge, and Grade A ShopRite, which will feature healthy food samples and recipes in addition to cooking demos. Attendees can explore Ageless Personal Training's holistic approach to fitness from anti-aging expert and celebrity trainer Mario Lomanto, watch how healthy meals can be quickly created by Vitamix, the maker of high performance blenders, learn how to stand taller from chiropractors and posture specialists from Stamford Healthcare Associates and explore health and wellness technology from Verizon Wireless.

UFC Stamford will demo martial arts, Work it Dance and Fitness will showcase their high energy routines, and the Greenwich Track Club, will conduct fun races on the second floor track from noon to 3 p.m., both days. Additional exhibitors will include Stamford Sports & Spine, BlueStreak Sports Training, Performance Physical Therapy, the Spa at Delamar, Game Day Skincare for Active Men, Angela Cosmai Salon, Rex Dive Center, Agora Spa, Lander Sport & Health Sciences and more.

Sponsors include Stamford Hospital, Grade A ShopRite and Shaklee Independent Distributor and the following media sponsors: Hearst Media Services, Mofly Media, News 12 Connecticut, Natural Awakenings, WEBE 108, KidsOutAndabout.com and Hey Stamford!

For more information, contact TMK Sports & Entertainment at 203-531-3047 or visit [www.hws-expos.com](http://www.hws-expos.com)

Photo: Stamford Hospital health professionals will provide free health screenings and educational information at the upcoming Stamford Hospital Health Wellness & Sports Expo 2013 at Chelsea Piers Connecticut, September 21 and 22.

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