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The Albany Health Coaches[©] Present

THE “ABOUT YOU” WELLNESS EXPO

The “About You” Wellness Expo offers a great opportunity for individuals to learn the way to a healthier life – beginning from within. This expo has been created through the generous dedication of your local wellness experts and has been designed with you in mind. Let us help you to find the way to a balanced and healthy 2011. **Register Today.**

The first step to a healthier “you” is easy. Join us.

Day 1: April 30th: Workshops & Educational

Join us for a day of wellness education, including practical tips to begin using in your everyday life - allowing you to find more success, happiness and health.

Keynote Speaker:

Expert & Medical Advisor for the movie *Super Size Me*:

Lisa Ganjhu, DO, Gastroenterologist

Day 2: May 1st: Film Festival

11:00 AM:	Food Inc.
1:00 PM:	Super Size Me (Followed by guest speaker, Lisa Ganjhu, MD)
3:15 PM:	Killer at Large

Details & Registration Information:

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date	location	time	Details:
4/30/11	Chateau Safflyn @ Gelston Castle Estate 350 Galina Lane Mohawk, NY 13407 ChateauSafflyn.com	8:30 AM - 4:00 PM	\$77 Pre-Registration Discount (\$97 Door Price)