

Health Fitness & Leisure Expo is a hit at Cape High

By Dan Cook
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The fifth annual Health, Fitness & Leisure Expo was held March 11 at Cape Henlopen High School, where 100 businesses, groups and nonprofits shared information about health, fitness, leadership, and home products and services. More than 1,500 visitors gleaned valuable information from exhibitors, which offered an array of home products and services for resort-area residents and their homes. Beebe Healthcare also offered free health screenings.

The expo sponsor lineup included The Lodges of Coastal Delaware, Aquacare, Custom Fit 360, Coastal Bath, Delaware First Health, Delaware Retiree Connection and Quest Adventures.

“Our exhibitors were delighted to share their products and services at the beautiful Cape High Atrium,” said Health, Fitness & Leisure Expo owner Kathy Benson. “Our visitors were impressed with the variety, volume, quality and professionalism of the exhibitors.”

“A fun and informative day was enjoyed by all, and everyone was treated to delicious, healthy, organic food provided by Bountiful Bowls. I am blessed to be able to share these events with our community. Our expos have become a virtual sort of ‘town square’ for health, fitness and leisure companies in our resort area.”

Mason’s Mobility Mission is the recipient of the proceeds of the event. The group makes beaches and waterways accessible to those with mobility issues.



DAN COOK PHOTOS

BEEBE HEALTHCARE OFFERED FREE HEALTH SCREENINGS and medical information at the Health Fitness & Leisure Expo. Shown in back are (l-r) Lauren Walsh, Dr. David Tam and Charlene Haskins-Babb. In front are Tara Simpson, Traci Fick, Tina Figlia and Corrin Jones.



Aly Mitchell shows her merchandise from Paiya. For more information, go to www.shop-paiya.com.



The merchandise girls of Grass Roots Rescue are (l-r) Sherri Cook, Dianna Wheeler, Donna Timlen and Kathi Kressman. For more information about Grass Roots Rescue, go to GRRDE.org.



Liz Guida from Delaware Hyperbarics gives a free massage while Steve Caldwell speaks with attendees. For more information, call 302-313-5555.



Dr. Ryan Sod from First State Health & Wellness speaks with Georgianna Jackson about their services, as assistant Ashley Groom looks on. For more information, email rsod@firststatehealth.com.



Shyann Soja and Jessica Collins from DelMarVa Acupuncture explain their techniques to visitors at the event. For more information, go to dmvacu.com.



Karen Glooch, left, and Van Roland of Rehoboth Strength & Balance stand at their business table. For more information, go to rbstrengthandbalance.com.



Dr. Shekinah Mast, center, gives visitors information about hearing aids and other audiology services. She and her staff, Lauren Franklin, left, and Vanessa Dukes, can be reached at www.drmast.com.



SUBMITTED PHOTO

Matt Carter of Quest is presented with a check by Health, Fitness & Leisure Expo owner Kathy Benson. The funds help Matt and Sarah Carter’s foundation that raises funds to make area beaches and waterways accessible to those with mobility issues. For more information, go to www.masonsmobilitymission.org.