

Health-Fitness & Leisure Expo draws big crowd

More than 1,600 attend sixth annual event at Cape Henlopen High School

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The sixth annual Health-Fitness & Leisure Expo took over the Cape Henlopen High School cafeteria March 9 to present more than 90 of the top health, wellness, fitness, leisure, and home products and services vendors in the resort area. The event was presented by Kathy Benson and Delaware Resorts Expos.

More than 1,600 visitors enjoyed the event. Beebe Healthcare, the lead sponsor, offered free health screenings of blood pressure, blood glucose, cholesterol, body mass index and bone density.

The expo's beneficiary was Mason's Mobility Mission, which aims to increase accessibility to recreational activities in the local community for people with physical



Delaware Resorts Expos owner Kathy Benson poses at the Quest booth.

and mobility challenges.

"We had an extraordinary turnout of visitors, no doubt as a result of our outstanding lineup of exhibitors and free health screenings by Beebe Healthcare," said Benson.

For more information about Mason's Mobility Mission, go to www.masons-mobilitymission.org.



DAN COOK PHOTOS

SUSSEX FAMILY YMCA Membership Director Shay Almond provides information to Kay Ellis from Lewes.



Jeanine Fox takes advantage of the free cholesterol testing by Beebe Healthcare's Ronni Smith.



Mary Beth Brubeck, RN, offers info about her cosmetic injectables.



Monique and Tim Bamforth, owners of Seashore Striders Event Production Inc., present information about the popular running club.



Janece and AJ Pison sell their award-winning homemade preserves, jams and jellies.



Shannon Martin works the Quest booth.



Lewes Cycle Sports owner Brian Kellman, right, and Debbie Blair give information about the shop that has been helping local cycling enthusiasts for more than 30 years.



Atlantic Chiropractic Associates is represented by (l-r) Dr. Andrew Riddle, Dr. Meg Van de Loo and Dr. Cathi Riddle.



Liz Guida, LMT, of Delaware Hyperbarics provided personal massages to the event attendees.



Volunteering at the Grass Roots Rescue booth are (l-r) Diana Wheeler, Eleanore Incalcaterra and Sherri Cook. For information on fostering or adopting, go to grrde.org.