

For Immediate Release:



**THE ENCINITAS CHAMBER OF COMMERCE PRESENTS FIRST-EVER HEALTH & WELLNESS EXPO
SATURDAY, FEBRUARY 10 10:00AM-2:00PM
AT THE ENCINITAS COMMUNITY & SENIOR CENTER**

***Free and Open to Public; Over 45 Fitness, Nutrition, Medical and Healing Vendors,
Fitness, Wellness and Relaxation Workshops and More***

ENCINITAS, Calif. – January 31, 2024 – The Encinitas Chamber of Commerce is excited to announce its inaugural Health & Wellness Expo will take place Saturday, February 10, 2024 from 10:00 am – 2:00 pm at the Encinitas Community & Senior Center, 1140 Oakcrest Park Drive, Encinitas. This free, public event is brought to the community by the Encinitas Chamber in partnership with the City of Encinitas.

With its many hiking trails, pristine beaches, world-famous surf spots and yoga studios, Encinitas is known as a mecca of healthy living. This expo is for all health enthusiasts, wellness seekers and conscious consumers eager to discover the latest health and wellness trends and innovations. More than 300 attendees are expected and 45+ exhibitors will offer information on everything from nutrition, alternative medicine, mental health, fitness, naturopathic healing, spas, travel and more. Admission and parking are free.

“Encinitas is known worldwide as a hub of holistic living,” said Sherry Yardley, CEO of the Encinitas Chamber of Commerce. “We welcome the public to experience our community’s leading experts, businesses and organizations in the health and wellness industry showcasing the latest services and products, and information aimed at empowering individuals to lead their healthiest lives.”

Attendees can also enter to win raffle prizes and experience several health & wellness workshops such as “Mindful Mastery: Navigating Goals with Wellness” presented by RDM Management Group, “Practical Solutions for Life's Challenges: Understanding the Mind, Body, Spirit Connection” presented by Bamboo Garden Wellness, “How CBD Can Change Your Life” presented by NALA Health, “The Top Pillars of Brain Health” presented by Brain Balance, “Simple Tips to Improve Running Efficiency and Decrease Pain” presented by Physique Multisport, a “Women’s Self Defense Class” presented by KickForce Martial Arts, “Happiness for your Home and Health: The Connection Between Home Organization and Mental Wellness” presented by The Seasoned Organizer, “Mind-Body Alchemy: A Guided Breathwork & Healing Process to Release Lifetime of Stress” presented by Rapid Transformations, and “Spine & Joint Pain Relief: Using Regenerative Medicine” presented by the Leucadia Chiropractic Wellness Clinic. Belmont Village Senior Living in Cardiff by the Sea is the Patron Sponsor.

For more information go to encinitaschamber.com, email community@encinitaschamber.com or call (760) 753-6041.

About the Encinitas Chamber – Strengthening Encinitas One Business at a Time

The Encinitas Chamber of Commerce is a dynamic and influential nonprofit organization dedicated to supporting and advancing the interests of businesses in Encinitas and North County San Diego. With a rich history dating back to 1964, the Chamber has consistently played a pivotal role in fostering economic growth, nurturing entrepreneurship, and enhancing the overall quality of life in the community through efforts such as networking, advocacy, and community engagement. For more information about the Encinitas Chamber of Commerce, membership benefits, or upcoming events, please visit www.encinitaschamber.com

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