



For Immediate Release

Thursday, February 18, 2010

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A BETTER YOU EXPO MOVING TO MARCH 19 & 20

The promoters working to bring **A Better You Expo** to THE ARENA have announced that the event will be moving to Friday, March 19 and Saturday, March 20. The date change was necessary in order to accommodate the scheduling and planning that was necessary for the event sponsors and participants.

The promoters have also announced that **A Better You Expo** will now be a free event and invite everyone to come and participate in an entire weekend dedicated to enlightening and encouraging everyone in the areas of personal growth, health and wellness.

A Better You Expo will include medical screenings, beauty tips, workout solutions, insights into better job interviews, making the most of your money, retirement planning, relaxation methods, finding the right hobbies and a variety of other topics designed to create A Better You.

A Better You Expo will take place on the following dates and times:

- Friday, March 19 from 4 p.m. to 9 p.m.
- Saturday, March 20 from 9 a.m. to 9 p.m.

A Better You Expo will feature a variety of events and activities throughout the weekend. The following is a sample of the kinds of companies, businesses and services that will be participating in this year's expo.

- Financial Planning and consulting

- Insurance
- Fitness centers, personal trainers, weight management
- Health and diet foods
- Water purification
- Skin care, beauty salons, nails salons, tattoo & body piercing
- Schools, colleges
- Recycling
- Behavioral counseling, marriage counseling, smoking cessation
- Health care providers, audiologists, speech pathologists
- Acupuncture
- Medical screenings
- Therapeutic devices, durable medical equipment
- Massage therapy, day spas
- Dentists, orthodontists, dental labs
- Optometrists
- Physical therapists
- Tanning salons
- Hobbies, recreation
- Senior citizen services
- Churches
- Pregnancy help centers
- Alcohol abuse and addiction services
- Boutiques, clothing
- And more.

THE ARENA at The David L. Williams Southeastern KY Ag & Expo Complex is a brand new \$28 million multi-purpose venue featuring 5,000 fixed seats and capacities up to 6,800 seats. THE ARENA is owned by the City of Corbin and managed by SMG. Headquartered in Philadelphia, SMG provides facility services to more than 220 public venues controlling over 1.5 million entertainment seats worldwide.

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