

Saturday, January 20th 1PM - 4PM

MEET US AT

Two Tides at the Seven Summits Lodge Are you looking to take your whole life up a notch? The Lifestyle Wellness Expo is perfect for anyone looking to improve their overall quality of life in areas of health, fitness, beauty, and much more! Enjoy a cooking demonstration by The Mantel's Chef Dino, fun giveaways, and healthy snacks. Bring your family and friends to this **free event** and meet amazing organizations that will help you embrace wellness.

Be sure to visit our Model Gallery while you are here!

