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CONEJO VALLEY'S LARGEST HOLISTIC HEALTH FAIR ANNOUNCES 2020 DATES

Fifth Health & Healing Expo Opens June 14; Fall Expo Also Added

Thousand Oaks, Calif. -- A healthy summer awaits residents of the Conejo Valley as the Health & Healing Expo (HHE) returns to the region on Sunday, June 14, offering the community the opportunity to interact with holistic-focused exhibitors, attend workshops, sample the latest in natural products and explore the benefits of mind-body-spirit wellness.

Now in its third year, HHE brings together health-conscious residents and innovative companies in the rapidly-growing holistic health industry to connect through various modalities of holistic health and wellness. HHE is the Conejo Valley region's largest health fair dedicated to holistic approaches to wellness, fitness and mind-body integration.

HHE 2020 will take place from 10:00 AM to 4:00 PM at the Hyatt Regency Hotel, 880 S. Westlake Boulevard in Westlake Village. Participants and exhibitors may register at www.healthhealingexpo.com/register. Admission to HHE is free.

To meet the community's growing interest in holistic health, HHE will host a second expo on October 4, 2020.

HHE aims to empower people to embrace healthier lives by exposing visitors to a wealth of knowledge to explore the benefits of the connection between mind, body and spirit. The multi-exhibitor, interactive event connects local suppliers and experts in the health, healing and holistic spaces with individuals seeking to achieve a more balanced lifestyle.

The June expo will feature exhibitors and workshops led by wellness and holistic healing experts to educate attendees about natural options for improving health and longevity. Industry vendors will exhibit natural health, beauty and home products. Visitors can sample organic foods, learn about alternative options for conditions such as pain management, and enjoy stress-relieving massages and intuitive readings. A complementary outdoor yoga session will be offered at 9:00 AM.

"The Health & Healing Expo is a true 360-degree view of holistic health, covering wellness topics that affect everyone, particularly women. Our June expo will be an unforgettable experience for attendees, featuring holistic health leaders who share proactive strategies

focused on prevention, inspiration and healing,” said Claudia Borges, founder and producer, HHE Expo. “We are excited to bring the expo back to the region for our fifth edition and to help people achieve healthier lives, support local businesses and help our community thrive.”

Holistic health, which considers a whole person and emphasizes the connection between their mind, body and spirit, is growing in national popularity. A 2016 Centers for Disease Control report indicated that public engagement with “complementary” practitioners and natural, holistic-focused products is surging. According to data from the 2017 National Health Interview Survey (NHIS) released in November 2018, the number of American adults and children using yoga and meditation has significantly increased over previous years.

About

The Health & Healing Expo (HHE) was founded in 2018 by Claudia Borges, owner of Claudia Borges Reiki. Borges is a certified Usui Reiki Master practitioner, teacher and Theta Healing practitioner. She holds a bachelor’s degree in Communications and a graduate degree in International Marketing from Florida International University.

HHE is the Conejo Valley region’s largest holistic health and wellness expo and annually attracts hundreds of participants in addition to prominent local businesses. HHE’s mission is to empower people in the community to live a healthier life.

For more information, visit www.healthhealingexpo.com

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