



12<sup>TH</sup> ANNUAL

# HEALTH WELLNESS & LIFESTYLE EXPO 2023™

WITH SPECIAL THANKS TO



EXCLUSIVE  
HEALTHCARE  
PARTNER

# SEPTEMBER 9

## SATURDAY 10AM-6PM

HARBOR POINT BOARDWALK 1 HARBOR POINT RD, STAMFORD, CT

CONNECTICUT'S LARGEST & PREMIER HEALTH & WELLNESS EXPO

hosted by  
  
HARBOR POINT

**120** EXHIBITORS   **8** ZONES   **FREE** GROUP CLASSES   **FREE** ADMISSION   **FREE** PARKING   **ONE-DAY** FAMILY & PET-FRIENDLY

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