



FOR IMMEDIATE RELEASE

Friday, June 7, 2019

### **Third annual Wildwood Crest Health & Wellness Expo is June 20**

WILDWOOD CREST – The Borough of Wildwood Crest will host its third annual Health & Wellness Expo on Thursday, June 20, from 10 a.m. to 1 p.m. at the Wildwood Crest Pier Recreation Center located at Heather Road and Ocean Avenue. This year’s event will also include an American Red Cross Blood Drive from 10 a.m. to 3 p.m.

The event is free and open to the public.

The Health & Wellness Expo includes blood pressure screenings, cholesterol screenings, family chiropractic, skin cancer prevention information, healthy eating tips, smoking cessation information, fitness demonstrations and much more.

Approximately 25 vendors versed in various aspects of health and wellness will also be on hand.

In addition, winners of the first annual children’s Wildwood Crest Health and Wellness Art Contest will be announced at the event. Entries from the contest will be on display throughout the Health & Wellness Expo.

No pre-registration for the event is necessary. However, those interested in participating in the blood drive should pre-register online at [redcrossblood.org](http://redcrossblood.org) or by calling 1-800-RED-CROSS.

For more information about the Wildwood Crest Health & Wellness Expo, call the Wildwood Crest Recreation Department at (609) 523-0202.

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