

**GIVE YOUR LIFE A BALANCED BOOST
AT THE HEALTHY LIFE BALANCE EXPO**

PITTSBURGH, PA, August 24, 2009—With today's economy, work crisis, and increasing awareness of healthy life habits, we're all concerned about nutrition, fitness, reducing stress, living a long life, having the money needed to enjoy our lives and maintaining a positive outlook. But with today's hectic schedules and "on-the-go" lifestyles, it's harder than ever to maintain a healthy life balance of wellness, wealth and work. On Sunday, November 8th from 10:00 AM to 5:00 P.M. Pittsburgh will have a FREE event that will help people simplify their lives. The Healthy Life Balance Expo held at the Pittsburgh Holiday Inn North – on McKnight Road behind Staples will hold an array of speakers and exhibitors to help people better balance the juggling act of career, family and finances. (The Steelers are NOT playing that day!)

"Healthy Life Balance" is a hot topic in contemporary culture as people seek to feel joy and not just exist in their lives. Attendance and parking at the Expo are FREE and the day will hold free seminars given by quality speakers on topics such as "Make Your Wheel of Fortune Spin on Balance," "Overcoming Adversity" and "How to Make a Career Transition." Other topic areas include alternative health, time management and holistic methods of healing. With the high cost of healthcare, it's more important than ever to stay fit, eat right and lower stress. The only problem is this is easier said than done, so people need guidance on how to make effective changes that they can maintain with ease. Vendors at the Healthy Life Balance Expo will feature the latest and most advanced healthy-lifestyle products and services, so attendees can learn about the best health alternatives, natural foods, healthy environmental products and much more. In addition to the featured speakers, there will be demonstrations, door prizes, and lots of free samples, give-aways and services.

Limited booth space and sponsorships are still available. Visitors, vendors and sponsors can call (412) 874-3918 for more information or visit <http://www.StartingOverNow.com> for a complete exhibitors packet. Pre-event and onsite media inquiries are welcomed.

Event Specifics:

Title: Healthy Life Balance Expo

When: Sunday, November 8, 2009 from 10:00 A.M. to 5:00 P.M.

Where: Pittsburgh Holiday Inn – North, on McKnight Road behind Staples. 4859 McKnight Road, Pittsburgh, PA 15237

Cost: Admission and parking is FREE

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Contact:

Mary Lee Gannon

Gannon Enterprises

412-874-3918

MaryLee@startingovernow.com

<http://www.StartingOverNow.com>

