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## Illinois Sustainable Living & Wellness Expo

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April 2, 2008

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## **Illinois Sustainable Living & Wellness Expo**

BLOOMINGTON, Ill. – Having fun and living well are the focus of the third annual Illinois Sustainable Living & Wellness Expo to be held on Friday, April 11, and Saturday, April 12, at the Illinois Wesleyan University Shirk Center (302 E. Emerson St., Bloomington) from 10 a.m. to 3 p.m. on Friday and 9 a.m. to 4 p.m. on Saturday.

The family-friendly event, which is free and open to the public, will feature a diverse group of approximately 100 exhibitors, and include demonstrations, massages, performances, an Enviro Kid's Carnival, the third annual Affordable Fashion Challenge and workshops promoting green and healthy living with titles such as "There is no Planet B," and "The 100-Mile Diet."

The Expo aims to promote the values of a healthy, green lifestyle for both the individual as well as the entire community. "Our goal is to educate people about health, healing and the environment," said Missy Smock, Illinois Wesleyan director of wellness. "We want to help people make connections between the environment and its impact on our health."

An added theme of the event, "Farm to Fork," focuses on every aspect of the food process including local farming, environmental issues, the Illinois economy and the effects of food production on the body. Exhibitors and workshops will highlight current issues, including the structure of the Illinois food system, effective use of local resources and green living practices. The workshops will be conducted on Saturday from 10:30 a.m. to 2:30 p.m. in the Shirk Center classrooms.

The two-day event is a collaboration between the Illinois Wesleyan Wellness Program and the Ecology Action Center of Bloomington/Normal. The expo is sponsored by State Farm Insurance Companies, the Downtown Bloomington Association, the Downtown Bloomington Farmer's Market, The Healing Arts Network Association, Ameren and Prairie Signs, with Midstate Renewable Energy Services as a contributor.

For more information on the Illinois Sustainable Living & Wellness Expo, contact Missy Smock, Illinois Wesleyan University Wellness, (309) 556-3334 or Michael Brown, Ecology Action Center, (309) 454-3169. A complete event schedule and list of exhibitors and presenters can be found at <http://www.islwe.org>.

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