

Portland Press Herald

**FREE
ENTRY**



**Health & Wellness
EXPO**

presented by



Harvard Pilgrim
Health Care

PLEASE JOIN US AS OUR SPECIAL GUEST

At the 4th Annual Health & Wellness Expo Sunday, November 2, 10am-4pm
Cross Insurance Arena (Formerly Cumberland County Civic Center)

We'll be there and we want you to be, too! Please present this coupon at the registration tables for **FREE ENTRY** into this can't-miss event of the year. Visit pressherald.com/healthexp for details about the day's programming, including panel discussions hosted by our newsroom!

