



KENTUCKY INTERNATIONAL CONVENTION CENTER

FOR IMMEDIATE RELEASE

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Learn to Live Healthier at the Kentuckiana Health and Fitness Expo at the Kentucky International Convention Center

LOUISVILLE, KY (January 17, 2014) – For those still working on healthy resolutions, the Kentuckiana Health and Fitness Expo at the Kentucky International Convention Center will offer interactive booths, screenings and information about healthy living and fitness. The event will be held Saturday, January 25, 10 a.m. – 6 p.m. in Exhibit Hall 1AB. This event is free and open to the public.

A variety of health and fitness information will be covered, including nutritional information, women's and men's health, as well as interactive fitness workshops and activities for all ages. In addition, the Colon Cancer Prevention Project will set up a 30-foot inflatable colon.

A variety of health screenings will be offered including blood pressure, spinal, carbon monoxide breath test, posture, adrenal gland testing, glucose, hearing, vision and body mass index. Along with screenings, health seminars will cover overall health, nutrition, skin, spinal, therapy, fitness and a discussion on breast health

The expo is produced by BMC Medical Marketing, an organization that works to educate and inform communities about health awareness and self-care practices. For more information, visit <http://www.bmcmedicalmarketing.com>.

About the Kentucky International Convention Center

The Kentucky International Convention Center offers two public parking garages for visitors. The KICC (Cowger) Garage is located at Fourth and Market Streets. The KICC (Commonwealth) Garage is located on Jefferson Street between Third and Fourth Streets (next to the Hyatt Regency Hotel).

With 300,000 square feet of space, the convention center accommodates a wide variety of events. KICC has 200,000 square feet of prime exhibit space including 145,000 square feet of contiguous, column-free areas. Accompanying the exhibit halls is a 30,000 square foot ballroom and 52 meeting rooms - all under one roof. The convention center's interior is complemented by a landscape of exposed brick, sawtooth skylights and a striking terrazzo floor that winds through the lobbies illustrating many of Louisville's signature landmarks. For more information, go online to www.kyconvention.org.

For up-to-the-minute information like the Kentucky International Convention Center on Facebook <https://www.facebook.com/KentuckyInternationalConventionCenter> and follow us on Twitter <https://twitter.com/KYICC>.