

HOSTED BY MAIN STREET MASSAGE & WELLNESS CENTER

2<sup>ND</sup> ANNUAL

# Holistic Health EXPO

JANUARY 23<sup>RD</sup>  
10:00 AM - 5:00 PM  
STONEY CREEK RIVERS BEND  
CONVENTION CENTER

Siouxlands Premier event  
for all practices that  
improve the mind body  
and spirit!

Main Street Massage and Wellness Center will be hosting the Annual Siouxland Holistic Health Expo. This is Siouxlands largest event for all practices that improve the mind, body, and spirit. Our goal is to bring awareness to all of the wonderful complementary and alternative health care our area has to offer.

Representatives from your favorite Siouxland Small Businesses include:

- Massage Therapists
- Chiropractic practices
- Aromatherapist/ Advocates for essential oils and herbal healing
- Energy Workers (Reiki, Healing Touch, Qi Gong and more)
- Sound Therapist
- Intuitive Life Coaches
- Yoga
- Sports Medicine/Body Building/Physical Therapy
- Health Coaches/Dietary and Nutritional Aide
- Hypnotherapy
- ... and more!

In addition to a wide variety of vendors to shop and learn from, we will also be featuring live seminars by holistic practioners and professionals from all over the country. This is one event you do **not** want to miss we hope to see you there!

For more details check out  
the events page on  
[www.MainStMassage.com](http://www.MainStMassage.com) or  
email [mainstmassage@gmail.com](mailto:mainstmassage@gmail.com)



Main Street  
MASSAGE & WELLNESS CENTER



Evolve Yoga  
& Wellness

IF YOU HAVE BEEN LOOKING FOR A NATURAL SAFER WAY OF LIFE THIS IS THE EVENT FOR YOU!