

80+ Vendors from All Over the West at the Body Mind Spirit Health & Wellness Expo!

Angela Devani • HolisticsUSA.com

HOLISTIC EVENT
Body Mind Spirit Health & Wellness Expo

Saturday, October 19, 2024
Civic Center - Helena MT

BALLROOM
Over 80 Vendors
10am - 4pm
Only \$5 and 12 and under free!

AUDITORIUM
Transformative Speakers
10:30am - 8:30pm

Speakers:

- Dawna Campbell**
The Abundant Soul
10:30am
- Kathleen Johns**
ECHOES
from the Afterlife
Keynote
5:30pm & 7pm
- Lana Nelson**
The Food Codes
2pm

Word Cloud: psychic, naturopathy, optimism, chakra, balance, iridology, Mind, massage, theta, past life, readings, positive mindset, harmony, health care, numerology, peace, energy, happiness, Bigfoot, bodytalk, spiritual, Spirit, mediumship, yoga, crystals, feeling, vibration, Jewelry, inner power, meditation, fun, care, herbs, lifestyle, shamanism, astrology, counseling, cat well, channeling, aura, UFO, healthy food, acupuncture, reiki, Health & Wellness

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abound, with massage therapy, cupping, and chair massages available. For those seeking holistic approaches, practitioners offer services such as EFT tapping, infrared therapy, anti-aging treatments, and animal communication services. Yoga classes and transformational breathwork sessions provide movement-based wellness experiences. The floor also features an assortment of natural and hand-crafted products, from organic soaps to healing crystals and stones. Metaphysical enthusiasts will find gemstone jewelry, sacred geometry items, and various spiritual wellness products. Books on psychic mediumship, intuitive nutrition, the power of your subconscious mind, and information about ancient megalithic sites round out the offerings, on the ground floor of the expo.

Then, discover an array of transformative experiences **on the Mezzanine**, the upper floor of the expo. Explore experts specializing in “Mind and Spirit Wellness,” offering services such as: Self Care Oracle Cards, Meditation Coaching, and more. For energy-healing enthusiasts, there are practitioners providing: Transformative Singing, Reiki, ThetaHealing®, and Sacred Soul Alignments®. Astrology fans can delve into: Astrology Readings, Soul Purpose Messages, and tips.

In addition to these vendors, food will be available inside and outside, so you can enjoy a healthy lunch. Join us for a full day on October 19th at the Civic Center meeting vendors and attending the talks of our **speakers, Kathleen**

Johns, Lana Nelson, and Dawna Campbell. We still have a few booths for select vendors and are looking for sponsors and volunteers to make the show a great success. Learn more about the expo, apply to be a vendor, or contact us about sponsorship at HolisticsUSA.com Check out our **YouTube Channel** for interviews with some of our vendors and practitioners [HERE](#). ■

Body Mind Spirit Health & Wellness Expo
Saturday, October 19, 2024

Civic Center • 340 Neill Avenue • Helena, MT

BALLROOM: Vendor Show • 10 am–4 pm

AUDITORIUM: Speaker Presentations • 10:30 am–8:30 pm

The Body Mind Spirit Health & Wellness Expo at the Helena Civic Center is just around the corner, on Saturday, October 19th, and the lineup of vendors participating in this event are outstanding! We are excited to welcome **over 80 vendors from every corner of Montana, Wyoming and the Dakotas** to our expo, alongside esteemed metaphysical stores from three neighboring cities. This big expo on two floors is waiting for you! You can learn about Holistic health, ancient teachings, hand-crafted products, organic food, local authors, card readings and more!

The main floor of the expo showcases a comprehensive array of health, and wellness offerings. Visitors can explore a wide range of nutrition and wellness products, including organic superfoods, IV vitamin infusions, and quantum-enhanced water. Physical therapy options