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Home & Health Stage – Information for a Healthier You

Billings, Mont. – The 2011 Home & Health Exposition is set to kick off on Thursday, February 17th, in conjunction with the 35th Annual MATE Show. New to the 2011 Home and Health Expo is the Home and Health Stage located in the Montana Pavilion which will feature various presentations given by show exhibitors.

The MATE Theater has long been a staple of the show, giving presenters a chance to showcase products and services and attendees an opportunity to learn about new products and key agriculture industry issues. This year, the Home & Health Stage will provide the same opportunity for exhibitors and attendees alike. “We are looking forward to providing this new Home & Health Expo feature this year. It is a great venue for connecting exhibitors with attendees and communicating some very valuable information in regards to health,” says Traci Marchwinski manager of the MATE Show and Home & Health Expo.

The Home & Health Stage will offer seminars or presentations throughout the day during the three-day event. Here are some of the featured presentations offered this year:

- “Sleep: Want it, Get it!” by Bernie Mason at 10am Thursday, Feb. 17th and Friday, Feb. 18th
- High School Iron Chef Competition, 11am to 1pm Thursday, Feb. 17th
- Ideal Protein presented by Grant Chiropractic, held at 2pm Thursday, Feb. 17th and 11am Friday, Feb. 18th and Saturday, Feb. 19th
- Animal CPR presented by Billings Clinic at 12pm Friday, Feb. 18th
- Sharon Culbertson using Wind & Willow presented by Copper Colander at 1pm daily
- Back Safety and Injury Prevention with Jeffrey Mitchell of Vitality at 3pm daily

For a complete list of events, vendors, and map of the 2011 MATE Show and Home & Health Expo, go to www.themateshow.com

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The Montana Agri-Trade Exposition (MATE Show) and the Home & Health Expo are owned by the Northern International Livestock Exposition (NILE). The MATE is held the third week of February and has a three day attendance of over 14,000 people. The NILE is a non-profit organization established in 1967 that is dedicated to the promotion of livestock, agriculture education, and respect of the western tradition. For more information contact the NILE office at 406-256-2495 or visit www.thenile.org.