



Josephine Bau



Daniel Lo

AN INVITATION FROM THE EVENT CO-CHAIRS

On behalf of the organizers, sponsors and collaborating partners, we would like to personally invite you to the Mississauga Healthy Living Expo 2013.

Our hope for this event is to provide a venue where we may engage the community on the merits of an active lifestyle; encourage a discussion on health matters that affect us all; and inspire each and every one of us to make necessary improvements to our daily health regime so that we and our families may be able to live a healthier and more fulfilling life.

Currently in its 11th year, the Mississauga Healthy Living Expo (MHLE) is Mississauga's largest health-related event, linking health services and expertise to the Mississauga community and beyond. MHLE 2013 marks the beginning of a multi-year focus on mental health. Our theme "Healthy Body . Healthy Mind" addresses some of the mental health issues and needs in our communities, and emphasizes that emotional health impacts our overall health and well-being.

We have lined up nine educational seminars and a number of exciting performances. In addition, there will be a wide range of exhibitors from across the health care support spectrum. On June 8, 2013, bring your family and friends and join us for a day of learning and fun, as the community comes together in support of healthy living in Mississauga.

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