

For Immediate Release

Contact: Holly Couture
Spectrum Generations
1-800-282-0764 ext. 146

Lifestyle Expo Coming to the Augusta Civic Center Sept. 12th and 13th! **Two Different Days!**

Mark your calendars to attend both days of Spectrum Generations 10th Annual Lifestyle Expo and Adventures in Learning Series of Workshops, Mini Shopping Mall, and Antique Appraisals.

On Friday, Sept. 12th from 9 a.m. to 4 p.m. there will be exhibitors with products and services of interest for Expo visitors of all ages. According to Expo Coordinator, Holly Couture, "Friday's Expo is an extension of Spectrum Generations Community Services program." "We make it possible for the public to come to one convenient location to connect with a great many businesses or service agencies to learn about positive lifestyle choices and preventative approaches for a healthier life."

Product demonstrations, health screenings, massages and manicures, live entertainment, and speaker presentations are all part of this full day of activities in the Augusta Civic Center auditorium. At the end of the day Friday, there will be a drawing at 3:15 p.m. for two fabulous grand prizes - AirTran Airways tickets for two anywhere in the Continental US, and four round trip tickets from Portland to Boston on Amtrak Downeaster. "All this - and hourly door prizes too!" said Couture.

Admission is Free on Friday if you pick up tickets in advance at participating exhibitors, or \$3.00 at the door - 18 and under free. Visit www.spectrumgenerations.org or call 1-800-282-0764 ext. 111 for Free Admission Ticket locations.

Saturday, Sept. 13th from 9 a.m. to 2 a.m. is the ALL NEW Adventures in Learning second day of the Lifestyle Expo in the North Wing, filled with fun and educational workshops, a unique mini shopping mall for "Saturday Shoppers," and the opportunity to have up to three antiques appraised by David Beane of Beane's Antiques and Photography.

Using eBay to turn unwanted items into cash, making your home energy efficient, Genealogy, or looking 10 years younger in 10 minutes are just four of the fifteen workshops available on Saturday. Workshops are \$7 each or three for \$10. Visit www.spectrumgenerations.org for complete workshop details and call 1-800-282-0764 ext. 111 to pre-register.

Saturday's Mini Shopping Mall is open free to the public from 9 a.m. to 2 p.m. with vendors selling great gift giving items, jewelry, Made in Maine Products, Spa and anti-aging products, and much more. Enjoy a free massage by the American Massage Therapy Association while you shop.

Also on Saturday, David Beane of Beane's Antiques and Photography will be on hand to do antique appraisals as a fundraiser for Spectrum Generations program and services. "David will do his best to give you the history and estimated value of your treasured pieces." Suggested donations are \$5 for one item, or \$10 for three items. (Three item limit)

Clear your calendar for these two days of fun and educational opportunities. Visit www.spectrumgenerations.org for Friday's free admission ticket locations and Saturday's workshop details, and call 1-800-282-0764 ext. 111 to register **today**.

####