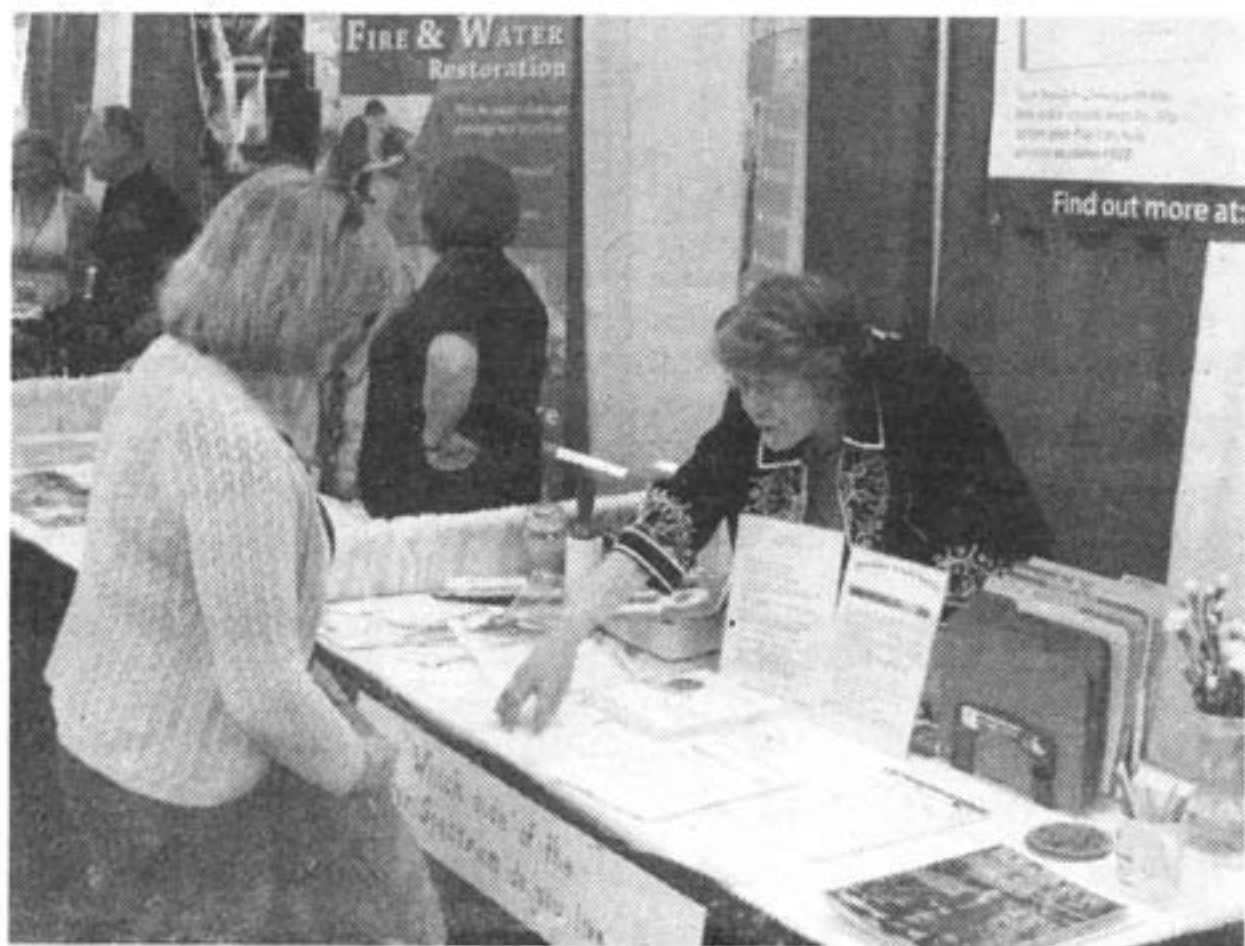


For women's (and now men's) health in Ulster



Rosalyn Cherry, owner of Be Clutter Free, at the expo.

The annual Women's Health and Fitness Expo May 1 at Tech City, was a celebration of its 10th year focusing on women's health and fitness and specifically on educating women and their families about optimal lifestyle choices. The theme of this year's expo was "Healthy Ulster – making Ulster County and its residents the healthiest in New York state."

Founded in 2000 by Dr. Debra Karnasiewicz, who recognized the need to bring together experts in the fields of health, nutrition and fitness in one place, the expo is growing in popularity each year.

This year, the expo expanded its offerings to include information and services of particular interest to men, as well.