

Chesapeake Currents

Volume 4, Issue 11

March 8, 2022

Dear Friends,

For those of you in the Delaware area, and for those outside of it who might want to do a fun road trip, a reminder that this weekend is the **Health, Fitness & Leisure Expo** (held at Cape Henlopen High School in Lewes). Full details are included in the image below, and we've added their promo video too.

My wife Jane and I, along with several members of the office team, will be at the **Chesapeake Legal Counsel booth** the entire weekend. Come admire our fancy new banner, have a butterscotch candy, get a CLC ink pen or magnifying wallet card, or just say hello. Either way, we'd all love to see you! (And with over 70 vendors, there's plenty of other beneficial reasons to attend.)

As always, if you, your friends or family have any questions, we would be happy to hear from you; we sincerely appreciate your business and your referrals.

Regards,
John F. Robbert

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410-266-1625 Annapolis
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John F. Robbert
Founder, Chesapeake Legal Counsel

Important Dates:

Saturday, March 12
Health, Fitness &
Leisure Expo

Sunday, March 13
Health, Fitness &
Leisure Expo

Sunday, March 13
Daylight Savings Time Starts

Saturday, March 17
St. Patrick's Day

Saturday, March 17
Presidents' Day

Anytime

Need to update your documents? Have a question? Please call us anytime to schedule an appointment!





Robert Wolfgang, Jr.
Admitted in Maryland



4th Annual

HEALTH, FITNESS & LEISURE EXPO

MARCH 12 & 13, 2022
Cape Henlopen High School

FREE Admission

FREE Parking

Gifts & Prizes

Healthy Refreshments!
by Bountiful Bowls

Over 70 of the area's
top health, fitness and
leisure companies.

ALL UNDER ONE ROOF!

Saturday - 9am to 4pm
Sunday - 10am to 3pm

More Info about Delaware
Resorts Expos at deexpos.com



For information contact Kathy 302.236.0857



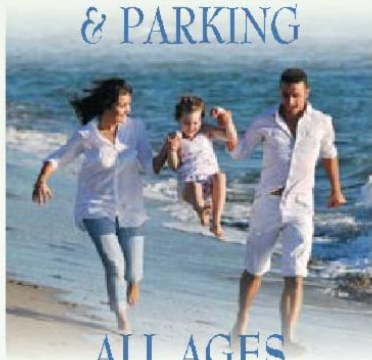
**FREE ADMISSION • FREE PARKING
FUN FOR ALL AGES!**

www.deexpo.com

DELAWARE RESORTS HEALTH, FITNESS & LEISURE EXPO

Saturday, March 12 - 9am to 4pm • Sunday, March 13 - 10am to 3pm
Cape Henlopen High School, Lewes, DE

**FREE
ADMISSION
& PARKING**



**ALL AGES
WELCOME**

*The Lodge at Truitt's Homestead's
Culinary staff will be sharing Cooking
Demonstrations at the Expo!*



**THE LODGE
at Truitt Homestead**

*Special Presentations by Selected Sponsors
to be held in the rear of Cape Theatre.
(First come basis)*

THIS YEAR'S EXHIBITORS INCLUDE:

HEALTH

- About Lewes by Dr. James VanSover
- Aerus
- Alni CBD Body Care
- Aquacare***
- Atlantic Chiropractic Assoc.
- Atlantic Organics CBD
- Beebe Healthcare***
- Berner Group
- Bountiful Bowls
- CBD American Shaman
- Centropix
- Christ Davis - Health Coach
- Clear Captions
- Damsel in Defense
- Dela Aire Rainbow
- Eastenseals
- Empower - PAD
- enjoy Nails - Color Street Nails
- Five Star Foods
- Kim Furtado, N.D.
- Hear on the Shore
- Juice Plus
- Lewes Senior Activity Center
- Maet Audiology**
- Marsh Creek Cattle
- Mentor Program - Cape Henlopen School District
- Orbit Water Solutions
- Patient's Information Center
- School Nutrition Agri - Culture (SNAC)

- Sophisticated Scrubs
- Sun Behavioral Health
- Trinity Baptist Church
- United Healthcare
- Urban Float
- Veterans Center
- Vietnam Veterans of America
- Wellness & Fitness Solutions

FITNESS

- Body Shop Fitness Center
- THE MAX Challenge of Lewes
- Lewes Senior Activity Center
- Midway Motion Fitness***
- Quest Fitness & Kayaks
- Rehoboth Beach Yoga
- Rise Fitness & Adventures

**RETIREMENT
& LEGAL &
INSURANCE**

- Baird Mandalas & Brockstedt***
- Delaware Retiree***
- Chessapeake Legal Counsel
- Highmark BCBS
- Humana
- Judy Wisler - Medicare Broker
- The Lodge at Historic Lewes***
- The Lodge at Truitt Homestead***
- Loyalty Benefit Group
- New York Life

LEISURE

- 302 Beaches
- Cape Gazette***
- Cruise One- The Cardano Crew
- Delaware Beach Life***
- Everything That Glitters
- GFWC Zwaanendaal Womens's Club
- Helios Sunglasses
- Keyboard America
- Quest Adventures***

**HOME PRODUCTS
& SERVICES**

- Aerus
- Best Shot
- Coastal Bath Co.***
- Cutco
- Dryzone
- G Fedate Roofing & Siding
- Five Star Foods
- Hello Garage
- Leaffilter
- Miller Premier Services
- Orbit Water Solutions
- Patio Systems***
- Pedego Lewes
- Renewal by Andersen
- Saltwater Roots Boutique
- Seaside Environmental

*Sponsors

Beebe will be offering FREE health screenings!

Healthy Food
will be available by
Bountiful Bowls!

Who will be accepting credit cards

Discounts, Gifts & Prizes
from more than 70 Health,
Fitness & Leisure exhibitors

LEAD SPONSORS



SPONSORS



Cape Gazette

More Info. Call: 302-236-0857 Email: kathy@deexpos.com

Delaware Health Fitness and Leisure Expo returns March 12-13

The 4th Annual Health Fitness & Leisure Expo is set for 9 a.m. to 4 p.m., Saturday, March 12, and 10 a.m. to 3 p.m., Sunday, March 13, at Cape Henlopen High School on Kings Highway in Lewes.

The Health Fitness & Leisure Expo will feature more than 80 exhibitors offering a full array of health, fitness, retirement community and leisure-related products and services for current and future resort-area residents and their homes.

Lead sponsor Beebe Healthcare will again offer free health screenings.

Expo sponsors include the

Lodges of Coastal Delaware, Aquacare, Baird Mandalas Brockstedt, Coastal Bath, Delaware Retiree, Midway Motion Fitness, Patio Systems and Quest Adventures.

Free theater presentations will be offered by The Lodges of Coastal Delaware, Aquacare, Baird Mandalas Brockstedt, Delaware Retiree and naturopathic doctor Kim Furtado, ND.

"After months of being indoors during the winter, most folks are considering ways to improve personal health and to get their homes ready for spring and summer activities and entertaining," said

Kathy Benson, Health Fitness & Leisure Expo founder and coordinator. "March is a time when many of us start to think about improving our health, getting back in shape and planning to enjoy the variety of outdoor activities available in our region."

Exhibitors will be offering expo specials, and some will be giving away gifts and prizes. Bountiful Bowls will be on site again providing healthy food and will accept credit cards.

For more information, contact Kathy Benson at 302-236-0857 or kathy@deexpo.com.



BEEBE HEALTHCARE offers free health screenings as lead sponsor of the Delaware Health Fitness and Leisure Expo. SUBMITTED PHOTO

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