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## **Health and Fitness Expo at the MATE is just what the doctor ordered**

BILLINGS, MONT.-The Health and Fitness Expo at the MATE (Montana Agri-Trade Exposition) will again inform attendees for its 22nd year, February 19-21, at the MetraPark in Billings.

Last year many attendees took advantage of the St. Vincent Healthcare's booth where blood glucose testing as well as body mass index (BMI) testing will be performed. Both tests will be offered free of charge.

Billings Clinic's Lab Direct will return to the MATE again this year. Attendees have the option to receive blood tests during the MATE and will receive a 10% discount. With more than 20 available tests, Lab Direct at the MATE serves more than 200 people during the event. Insurance is not billed for these tests therefore payment is required at the time of service. Results are sent to the individual rather than a physician.

"We hope that attendees will take advantage of these great opportunities," stated Traci Marchwinski, MATE Show Manager. "Like everyone else, farmers and ranchers are sometimes too busy running their business to take care of their home and health needs. That's why the MATE has brought all three shows under one roof. That way a farmer can order his seed, buy a tractor, have his blood tested and buy a mattress to take home with him."

For all Health and Fitness Expo goers, a grand prize will be given. A set of Audibel hearing aids, sponsored by Rocky Mountain Hearing Aid, will be drawn on Saturday, February 21 at 3 p.m.

Free tickets are available in advance at all MATE Show exhibitors and at First Interstate Banks. Admission at the door is \$7. Show times are Thursday and Friday 10 a.m. to 6 p.m. and Saturday 10 a.m. to 5 p.m.

For more information about the MATE, Billings Home and Garden Show and Health and Fitness Expo visit [www.themateshow.com](http://www.themateshow.com) or call (406) 651-0440.

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*The Montana Agri-Trade Exposition (MATE Show), Health & Fitness Expo/Billings Home & Garden Show 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 12,000 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](http://www.thenile.org).*