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## **HARRISBURG MALL ANNOUNCES FREE NEW YEAR'S RESOLUTIONS EXPO FOR SATURDAY, JANUARY 18**

*Seminar designed to help people lose weight, stop smoking and make other lifestyle changes*

**HARRISBURG, PA** (January 13, 2014) – If you are looking to improve your life and your lifestyle in conjunction with the start of the New Year, then you will find value in attending Harrisburg Mall's free "New Year's Resolutions Expo," scheduled for Saturday, January 18 from 11 am to 4 pm. Located on Paxton Street off Exit 45 of Interstate 83, Harrisburg Mall is a one million square foot regional mall with more than 70 tenants, including anchor stores Macy's, Bass Pro Shops, 2nd & Charles and Regal Cinema's Great Escape Harrisburg Mall Stadium 14. For additional information visit [www.ShopHarrisburgMall/events/](http://www.ShopHarrisburgMall/events/) or call 717-564-0980.

The Expo is free-of-charge to attend and is designed to help people make positive changes to their lifestyle such as losing weight, stopping smoking or learning ways to reduce stress. It will feature seminars, workshops and information tables to help people adopt a healthier eating regime, become more fit, quit smoking, achieve a better job, start or continue an education track, better manage debt or save money, reduce stress and start volunteering, among other topics. Approximately fifteen organizations and companies are expected to participate, including Art in Motion Fitness, Arthritis Foundation, Capital Area Therapeutic Riding Association, Harrisburg Rain Barrel Foundation, Harrisburg Area Community College, Harrisburg Bicycle Club, CVS Minute Clinic, Pennsylvania National Guard, Pennsylvania Office of Compulsive and Problem Gaming, Pennsylvania Parks and Forests Foundation, PinnacleHealth and TrimLine Weight Loss Centers.

"It is trendy to make resolutions for the New Year, but exceedingly more difficult to muster up the self-discipline and motivation to adopt long-term lifestyle changes," explained Bill Russell, Director of Harrisburg Mall. "This Expo is designed to help the community better understand how to achieve positive lifestyle changes and provide people with proven strategies that will enable maintain them."

Baltimore-based St. John Properties, Inc. and Petrie Ross Ventures comprise the partnership group that co-owns and manages the property.