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JANTELL'S
Events AND
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FOR IMMEDIATE RELEASE

Girl **BE** FREE!
A WOMEN'S HEALTH AWARENESS EXPO

DELTONA, FLORIDA, MAY 21, 2023 — Girl Be Free (GBF) is an expo in honor Women's Health Awareness Month. GBF will highlight and also make aware many health conditions that women face and fight daily. It is our goal to bring awareness, provide resources, encourage self-care and rid the stigma of shame around the female body and its functions!

We would like every woman that attends to relax and simply, BE FREE! Free to build relationships, network, obtain resources & information, take photos, shop, learn new things but most importantly, appreciate themselves and become their own advocate. This is every woman's chance to let their hair down, vent, be vulnerable, get screenings, meet other women, be free from shame, shop and interact with healthcare professionals.

There will be an exhibit hall filled with over 30 vendors, medical professionals, insurance reps and women from every walk of life. We will host raffles and a Sister-to-Sister speaker panel but one of our main highlights will be presenting "Hope Boxes" filled with goodies to nominated women that are warriors in whatever health battle they are in and also to women caregivers that need to be celebrated! Our Sister-to-Sister panel will consist of amazing women who represent the fields of Mental Health, Health Insurance, Education, Juicing and Wellness, and Women's Health.

Jantell's Events and Consulting, LLC have hosted many women's events all across the Southeast U.S. and now we're bringing an awesome experience back to Central Florida! Tickets are \$5 and the event is open to ages 16 & up.

Girl Be Free Women's Health Awareness Expo is a great opportunity to be empowered by and inspired by women - in honor of Women's Health Awareness Month. There's much to be learned, many people to meet and many opportunities to make valued connections. Visit www.heygirlbefree.com for details and to purchase tickets.

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