



NEWS RELEASE

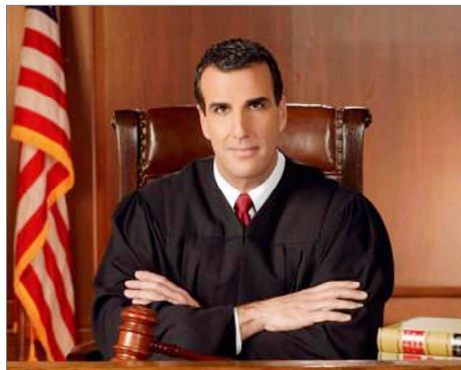
FOR IMMEDIATE RELEASE

January 21, 2010

MEDIA CONTACT: Kafi Rouse (757) 398.3152
kbrouse@wgnttv.com

FREE HEALTH SCREENINGS AND NATIONAL TV PERSONALITIES TO BE FEATURED AT HEALTH & FITNESS EXPO

THE HONORABLE ALEX FERRER, SEATED JUDGE AND STAR OF “JUDGE ALEX”, AND WEATHERMAN MITCH ENGLISH FROM “THE DAILY BUZZ” TO APPEAR AT THE SECOND ANNUAL CW 27 HEALTH & FITNESS EXPO ON JANUARY 23, 2010



Portsmouth, Va. WGNT TV, CW 27, is welcoming the national television personalities Judge Alex Ferrer and Mitch English who will co-host the Second Annual CW 27 Health & Fitness Expo Saturday, January 23, 2010. The event will take place at Norfolk’s SCOPE arena beginning at 11:00 a.m. and feature a mix of free and discounted health screenings, as well as live health and fitness demonstrations, and informative seminars designed to address a variety of health issues. Expo highlights include the American Red Cross blood drive inspired by the CW 27 program *The Vampire Diaries*. The drive, appropriately named *Starve a Vampire—Give Blood* will allow attendees and exhibitors the opportunity to donate blood throughout the course of the day-long event. Admission to the Expo is free.

Visitors should note there is a \$5.00 charge to park at the Scope garage.

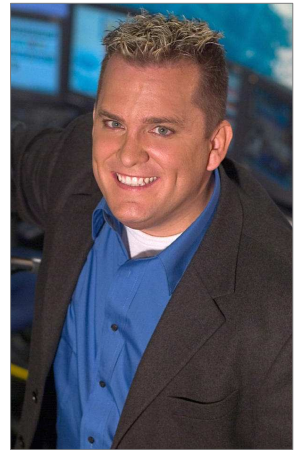
NEW: Other CW 27 Health & Fitness Expo highlights include *free* H1N1 vaccines. The vaccine will be available as a shot or nasal spray. Also, the EVMS Sight Savers will be there with their *free* Glaucoma and Eye Health Screening Program. Live demonstrations range from Salsa dancing and Kickboxing to Zumba, Calisthenics and Invisalign. In addition to the numerous free screenings and fun demonstrations, attendees have the chance to meet and greet Judge Alex and Mitch English.

Judge Alex E. Ferrer, former police officer, attorney and Florida Circuit Court Judge is the popular host of “Judge Alex,” the highly rated court room strip, now in its fourth season, from Twentieth Century Fox Television and airing on WGNT at 11:00 a.m. weekdays. Judge Alex is the only television judge with extensive police, legal and judicial experience and has been presented numerous awards and acclaims including “most trustworthy face in daytime television”. Ferrer was also featured in *People Magazine’s* “Sexy” issue. Born in Havana, Cuba, Ferrer and his family escaped to America when he was just one year old. He will be at the CW 27 Health & Fitness Expo meeting and greeting attendees and will be available for autographs.

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CW 27 Health & Fitness Expo to be held January 23 in Norfolk—page two

Mitch English brings a unique and entertaining approach to the weather coverage every morning on “The Daily Buzz” which airs from 6 – 9 AM on CW 27, WGNT-TV. He is fan favorite and enjoys meeting and greeting viewers of the irreverent morning program known for its unique approach. English began forecasting weather in 1995. The diverse and enjoyable English also had a stand-up comedy act, his own TV talk show, movies and television credits. This is a return engagement for English who was also the host of last year’s CW 27 Health & Fitness Expo. He’ll once again meet, greet and entertain attendees and be available for autographs.



“CW 27 is truly committed to the Greater Hampton Roads area. When we take a look at what our community needs, health care and health resources and information are at the top of the list,” said CW 27 Vice President and General Manager Steven Soldinger. “Providing an opportunity for our viewers to get free or discounted health screenings, demonstrations and tons of health and fitness information is just another way for us to let the community know that we care.”

UPDATED: To date, our Health & Fitness Expo participants include: AARP Virginia, Access Aids Care, Advanced Hearing Systems, Alzheimer's Association, American Cancer Society, American Diabetes Association, American Heart Association, American Laser Centers, American Lung Association, American Red Cross, Angel Flight/Mercy Medical Airlift, A.R.E. Health Center and Spa, Bath Fitter, Cayce/Reilly School of Massotherapy, Children's Harbor, Clinical Research Center, Community Personal Care, Dfitness, Down Syndrome Association of Hampton Roads, Dr. Oliver & Dr. Pelaez, EVMS Sight Savers Glaucoma Screening, EVMS Strelitz Diabetes Center, Fabulous City Beauty Salon, Fortis College, Gastroenterology Associates, Ghent Chiropractic, Good Feet Store, Hampton Roads Community Care, Hampton Roads Mobility, Inc., Herbal Pharmacy, Juvenile Diabetes Research Foundation, Kempsville Chiropractic, Kool Smiles, Lee's Friends, L'Etoile Day Spa, Let's Talk Inc., Life Net Health, Mattress Alternatives, Max Muscle Sports Nutrition, Men's Wellness Clinic of Hampton Roads, National MS Society, Norfolk Department of Public Health, Old Dominion University, Pariser Dermatology Specialists, Patient Advocate Foundation, Pembroke Suzuki, Planned Parenthood of Southeastern Virginia, Premier Health Chiropractic, Primeplus Senior Center, Princess Anne Center for Dental Arts, Reality Check VA, Samaritan House, Senior Services of Southeastern Virginia, Sentara Community Health and Prevention, Sickle Cell Association, Inc., Skinny Bean Coffee, Susan G. Komen Tidewater, St. Mary's Home for Disabled Children, The Chase Wellness Center, The Hague Plastic Surgery and Cosmetic Center, The Keim Center, The Up Center, Tidewater Aids Community Taskforce, Tidewater Intergroup Overeaters Anonymous, Total Health Center, Virginia Clinical Research, Inc., Virginia Conflict Resolution Center/Community Mediation Center, Virginia Surgical Arts, WGH-AM Star 1310, WGH-FM 97.3, WVBW-FM 92.9, WVHT-FM Hot 100.5, YWCA Women in Crisis Domestic Violence Shelters and Programs, and Z-Coil Pain Relief Footwear. Check CW27.com for a frequently updated exhibitors' list.

The CW 27 Health & Fitness Expo is free and open to the public although parking fees (\$5) apply for parking at the SCOPE and any other city garages and lots. For more information call Ambler Hatchett at (757) 398-3155 or visit CW27.com. The Norfolk SCOPE is located at 201 East Brambleton Avenue in downtown Norfolk, Virginia.

CW 27, WGNT-TV currently reigns as the highest rated CW affiliate in the country*, and provides Hampton Roads viewers top-rated entertainment programs including Dr. Phil, Judge Judy, Judge Joe Brown, House of Payne, The Daily Buzz, Gossip Girl and America's Next Top Model. CW 27 can be seen in HD on channel 707 on Cox Digital Cable in Hampton Roads. (*May 2009 Norfolk-Portsmouth-Newport News, VA Nielsen Station Index Household Ratings)

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