



For More Information

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Sweat with Pride Fitness Expo to Feature Recovery Wellness and Beauty Experts

Palm Beach County, Florida (May 24, 2019) – Mark Turnipseed, author, model, and wellness authority, will share advice and stories with Tim Quinn, celebrity beauty expert, at the Sweat the Pride Fitness Expo June 13 at FTX Wellness and Performance in Boca Raton from 10 a.m. to 2 p.m. The event promotes LGBTQ inclusion in the addiction recovery and fitness communities and is a fundraiser where all proceeds go to Gay & Sober and OUT South Florida who split the profit 50/50.

“Tim and I share a passion for using fitness to combat addiction,” says Turnipseed. “Our personal stories make us particularly sensitive to the risk faced by LGBTQ persons. We are deeply disturbed that LGBTQ persons are 20 times more likely to engage in drug abuse than non-LGBTQ people. They are also less likely to seek professional help, due to stigma around their sexuality in the healthcare industry.”

He also believes stigma makes it harder for LGBTQ people to be accepted at health and wellness centers and fitness facilities. “Fitness was an essential part of my recovery from heroin addiction, but I did not know if being my gay self in the gym would be risky. That’s why celebrating Sweat with Pride is so important to me.” Turnipseed will do a book signing at the event of his highly-rated memoir, *My Suicide Race: Winning Over the Trauma of Addiction, Recovery, and Coming Out*.

Quinn also had his life significantly affected when both his life-long partner and brother lost their lives to addiction. He left his 20-year career and position as director of make-up for Armani to give back to the addiction world by building a more inclusive presence in the beauty and wellness field.

The duo is currently creating a company that brings together people interested in recovery, beauty, fitness, and inclusion to help them achieve their dreams and help others find hope. They are planning their first major retreat as well as developing an on-line platform that will offer coaching, clothing and beauty products, and peer support.

To register or donate for the event, go to <https://www.gayandsober.org/wellness> to sponsor the event contact Mark A. Turnipseed 561-774-0690