

For more press information, images or to arrange Wellness Show related interviews contact Leann Clemens at media@thewellnessshow.com or 604-904-9793.



Taste, Shop, Laugh and Learn at the 17th Annual Wellness Show
Sex, Divorce, Healthy Living and Financial Fitness among the myriad topics



November 27, 2008 (North Vancouver) In its 17th year, **the Wellness Show** is *the* industry leader in presenting exhibitors, speakers and demonstrations on a completely diverse range of topics, all under one roof. Nowhere else could one rub elbows with a celebrity chef, watch fitness gurus, learn how to balance the bank account or learn about bio-energy healing, feeling better, and looking terrific all in one place!

On **February 6, 7 & 8 2009** the Vancouver Convention & Exhibition Centre will welcome the thirty-thousand-plus annual visitors to the unique and anticipated show, which truly offers something for everyone. With schedules that change daily and so much to see, many opt for a three-day pass, which makes a **great value stocking stuffer** for under \$30.

Highlights of the upcoming 2009 Wellness Show:

Community Celebration of the Locavore Movement

Farm Folk/City Folk is the Charity of Choice for the 2009 Wellness Show. Farm Folk/City Folk will participate at the **Choices Pavilion** during the Wellness Show. Note: general admission tickets to the show are \$12.50; visit Choices Markets for a \$2.00 off coupon, and the Wellness Show will donate \$1.00 to FarmFolk/CityFolk from every Choices Markets \$2.00 off coupon redeemed. FarmFolk/CityFolk Society is a non-profit society that works with farm & city to cultivate a local, sustainable food system. They develop and operate projects that provide access to & protection of foodlands; that support local, small scale growers and producers; and that educate, communicate and celebrate with local food communities. Volunteers from Farm Folk/City Folk will be on hand for the duration of the event to promote their activities and answer questions about eating locally.



A Baking Contest!

It's back! **Rogers Foods** presents a **Healthy Baking Competition**. For non-professional bread bakers, there are four categories in which to create an original bread or muffin recipe: Multi-Grain, Fruits / Nuts / Seeds, Quick Bread Loaf or Muffins. Learn more – entry forms are online at www.thewellnessshow.com

...more, including presenters...

Yummy Food

In addition to samples of items such as chocolate and juice, the **Dairy Farmers of Canada** will present information on healthy cheese choices and offer samples, and the show attendees will learn healthy recipes from local chefs:



- Diane and Dr. Doug Clement, the Chef and Doctor On the Run
- Antonio Cerullo, Choices Markets
- Todd Bright, Wild Rice Restaurant
- Hidekazu Tojo, Tojo's
- Ernst Dorfler, Five Sails Restaurant
- Mario Fortin, Aqua Riva Restaurant
- Wayne Harris, Heron's at the Fairmont Waterfront
- Dino Renaerts, Diva @ The Met
- Devra GartensteinPatty Pan Restaurant, Seattle sponsored by the Book Publishing Company

Cutting-edge, entertaining and high energy presentations and workshops

- "Heart Healthy Matters" presented by **Leslie Beck**, superstar dietician, author, columnist and broadcaster

- "Sex Lies and Hypnosis" presented by **Janice Manson**, Registered Nurse, certified Clinical Hypnotist and the owner of MindClick Partners Inc.

- "Divorce: 12 Rules for Making a Clean Break" presented by **Karen Stewart**, author of "Clean Break: How to Divorce with Dignity and Move on With Your Life"

- "How to Look & Feel 10 Years Younger and be Slim Now!" presented by **Cathi Graham**, best selling author who established the largest recorded weight loss in Canada

- "Health and the Law of Attraction" presented by **Lynne Potter Lord**, BHE, MSc Human Ecology, Certified Lifeskills Coach & Lifeskills Counsellor, Certified Law of Attraction Facilitator, President, Ondine Yoga Lifestyle

- "Taming Your Chequebook" presented by **Lana Gilbertson**, a Manager with the Advisory Services practice of PricewaterhouseCoopers Inc, director with the British Columbia Association of Insolvency and Restructuring Professionals, and a Mentor with the Women in Leadership Foundation.

- "Beautiful Skin Begins Within" presented by **Lorna Vanderhaeghe**, women's health expert and author of 8 books on the subject of nutritional medicine

- "Miracle of Magnesium" presented by **Dale and Linda Bolton** of Natural Calm Canada

- "Strong Bones: New Science for the Framework of Life" and "Hormone Replacement" presented by **Michael Colgan**, PhD, CCN, author, internationally renowned scientist and anti-aging expert



...more, including presenters...



- “Foundations of Health” *presented by Nelson Narciso*, Doctor of Alternative Medicine, herbalist and Reiki practitioner
- “Achieving Your Positive Potential for Health” *presented by Dr. Davidicus Wong*, family physician and columnist
- “Power of Thought” *presented by Barbara Fife*, spiritual healer and teacher
- “Relationship Wars: what is the real battleground?” *presented by Duane O’Kane*, Registered Clinical Counsellor, workshop facilitator, and teacher
- “Spiritual Wisdom on Health and Healing” *presented by Penny Ketola*, Faculty Associate for Simon Fraser University and member of the Eck Clergy
- “Master Your Energy” *presented by Michael D’Alton*, Director of Michael D’Alton’s School of Bio-Energy Healing
- “Kokoro(e): Self Discovery and Digging Within” *presented by Cori Maedel*, motivational speaker

Fitness Demos

- Falun Dafa Meditation
- What Pole Walking Can Do For You
- Smart Gym by TWIST
- Golf

Many, Many Booths

Exhibitors range from health, fitness, food and beauty products to acupuncture, massage therapy, pet care and the latest in organic and eco-friendly choices.



Each day’s schedule includes a range of presentations on today’s most pressing health and wellness issues, and education and information reflecting the interests in good health, nutrition, and physical and emotional well-being.

Tickets

Tickets to the show are \$12.50 general admission, \$10 for seniors (65+) and students, \$5 for children 6-15, and free for the young ones. Visit Choices Markets for a \$2.00 off coupon, and the Wellness Show will donate \$1.00 to FarmFolk/CityFolk from every Choices Markets \$2.00 off coupon redeemed. Advance tickets can be purchased on the show website or save and purchase a 3-day pass for only \$27. For information, schedules and updates check the website regularly at www.thewellnessshow.com.

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We invite you to join us! Press seeking accreditation to attend and cover the show contact Leeann Clemens 604-904-9793 or media@thewellnessshow.com or, apply for accreditation online: go to www.thewellnessshow.com.