



Mark your calendars!

Find your balance at the 16th Annual Wellness Show: February 1, 2 and 3 at the Vancouver Convention & Exhibition Centre. Sample, shop and learn close to 300 different experts in the fields of health, fitness and food, while celebrating living well.

Tickets, on sale December 1st: \$12 general admission, \$10.00 for seniors (65+) and students, \$5.00 for children 6-15, and free for the young ones. Save and purchase a 3-day pass for only \$27. More info: www.thewellnessshow.com.

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