

For more press information, images or to arrange interviews contact Leeann Clemens at [media@thewellnessshow.com](mailto:media@thewellnessshow.com) or 604-904-9793.



**ATTENTION METRO VANCOUVERITES:**  
**FEEL BETTER, LIVE LONGER, LOOK TERRIFIC AND FIND BALANCE!**

*All the resources you need under one roof at the 16th annual Wellness Show*

January 15, 2008 (*Vancouver*) Metro Vancouver residents can learn how to find balance in their life at the **16th Annual Wellness Show** February 1-3, where close to 300 exhibitors bring a wide range of products and services related to the health and wellness industries at the Vancouver Convention & Exhibition Centre (999 Canada Place).

Tickets to the show are: \$12 general admission, \$10 for seniors (65+) and students, \$5 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](http://www.thewellnessshow.com)

Exhibitors range from health, fitness, food and beauty products to reiki, massage therapy and the latest in organic and green choices and more. Each day's schedule includes a range of cutting-edge, entertaining and high energy 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. A myriad of topics will be explored to set you on the right path towards a healthy and balanced lifestyle. Some highlights of the 16th Annual Wellness Show include:

**Celebrity Cooking Stage:** showcasing healthy dishes with a focus on this year's theme "buy local, eat fresh". The following Chefs will be featured: Antonio Cerullo of Choices Markets, Chris Whittaker of O'Doul's Restaurant & Bar, Don Letendre of Elixir Opus Bar/Restaurant, Jean-Francis Quaglia of Provence Restaurant, Todd Hodgins of PAIR Bistro, Jeff Batt & Ben Dodds of Monk McQueens Fresh Seafood & Oyster Bar, Frank Berthelon of Le Crocodile Restaurant, Marat Dreyshner of Reflections Gastronomie, and Kosta Zogaris for the BC Salmon Marketing Council. Author Caroline Dupont will feature raw cooking recipes from her book "Enlightened Eating".

**Fitness Demonstration Stage:** Companies include Fitness Essentials, Keen Fit, Twist Conditioning, Bikram Yoga, and Incrediball, and will cover topics such as how to train at home without equipment or space, or how to shape up with poles, sticks, balls or special footwear!

*...more*

*Feel better, live longer, look terrific and find balance at the 16th annual Wellness Show,  
continued...*

**\*NEW\*! The “Healthy Hound Contest”:** the public is invited to share how they keep their dogs healthy in DVD or CD format (deadline January 20). Prizes will be announced at the Wellness Show on February 3. An expanded healthy pet section will showcase products and services from raw, dried and healthy eating options; and on February 3, special activities will promote the healthy hounds including fashion and Dog Star shows and more.

**Women & Wellness Seminar Series:** health issues, from sex after menopause to looking and feeling younger, getting rid of your diet and focusing on healthy eating habits presented by experts including Dr. Pega Renn, Ramona Josephson, Diana Steele and Lorna Vanderhaeghe.

**The Living Well Seminar Series:** offers the latest tips on healthy skin, relationship communication, healthy sex, stress, cancer prevention, diabetes and managing change. Some presenters include Dr. Michael Colgan, Brad King, Dr. Meg Jordan, Dr. Tasreen Alibhai and Brenda Davis.

**Kid’s Activity Area:** Children’s Physical Activity area featuring Gymnastics BC who have created circuits for participants. British Columbia Golf Association welcomes you to an interactive display of different golf skill games for children and adults alike to try.

**Tasting Opportunities:** sample organic foods, teas, coffees, chocolates and juices. The Dairy Farmers of Canada will present information on healthy cheese choices and offer samples. Note: Any samples and perishables remaining at the end of the show will be given to “A Loving Spoonful” the Wellness Show’s food charity for 2008.

For schedules and updates check the website regularly at [www.thewellnessshow.com](http://www.thewellnessshow.com).

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We invite you to join us!

Press looking to attend and cover the show contact Leeann Clemens 604-904-9793  
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