



For immediate release: January 12, 2010  
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## The Wellness Show Offers Something For All Ages

VANCOUVER, BC: This year's 18<sup>th</sup> annual **Wellness Show** features exhibits and guest speakers for those of us who are older, those of us who are younger, and those of us who want to continue to feel young. **The Wellness Show**, an annual trade show dedicated to living a more holistic lifestyle, runs April 30, May 1 and 2, 2010.

On Friday, April 30, **Olga Kotelko**, a 90-year-old track-and-field star, will kick off SeniorTASTIC Day by leading a fitness class and giving a seminar called, *Happy Living...Sustaining Your Mental, Physical and Social Well-Being*. Olga is an inspiration to all: she took up the sport of Track & Field at age 77. She competes locally, nationally and internationally. She runs, jumps and throws. To date, she has amassed over 600 gold medals plus numerous British Columbian, Canadian and World Records, awards and trophies. She has been featured on television and in many newspaper and magazine articles and was recently inducted into the Canadian Masters Athletics Hall of Fame.

For those who are a little younger, **The Dizzy Whisk Ltd.** is offering a children's cooking demo on Saturday, May 1. "I teach kids 7-17 how to cook and bake from scratch in a number of courses that cover breads, soups and appetizers, main dishes and desserts," says Hilit Nurick, founder of **The Dizzy Whisk Ltd.** "My vision is to teach what I see as critical life skills to children that they can take with them through their school and university years into adulthood, and in this way do my small part in battling the health problems caused by unhealthy eating that effect so many people in Canada today." Nurick and her pint-sized helpers will be making a trio of starters.

For those who are aged between 12 and 90, there will be cooking demos with Robert Clark of **C Restaurant**, Nicholas Lim of **Gusto Di Quattro**, Hidekazu Tojo of **Tojo's Restaurant** and *Clean Food* author, Terry Walters. Other attractions of note include workshops to tune-up your relationships, golf and wisdom, as well as fitness classes including yoga, pole walking, and Sufi whirling. To prepare for the new decade, seminars on how to increase your immunity, anti-inflammation, hypnosis and women's wellness will also featured. With more than 300 exhibitors, there truly will be something for everyone—no matter what your age!

There will also be many contests, including the grand prize: a three-day accommodation package on Cortes Island from Hollyhock.

**The Wellness Show** runs from Friday, April 30, through until Sunday, May 1 at the Vancouver Convention Centre, 999 Canada Place. General admission tickets are \$12.50, Seniors and Students are \$10.00, Children 6 - 15 yrs are \$5.00, and Children 5 and under are free. There are also 3-Day Passes available for \$27.00. Tickets are now available online at [www.thewellnessshow.com](http://www.thewellnessshow.com) and at the door.

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