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## First comes love, then comes marriage, then comes baby....

VANCOUVER, BC: No matter what stage of life you are at, this year's 18<sup>th</sup> Annual Wellness Show is sure to have just what you need to help with your journey. Relationship advice, marriage preparation, getting ready for baby and beyond, it will all be covered April 30 to May 2 at the Vancouver Convention Centre.

### First comes love...

Duane and Catherine O'Kane of the Clearmind International institute will be presenting a workshop entitled *A Purpose-Driven Relationship*. The O'Kanes will be talking about the disconnect between what we want in relationships and what we get with clarity and humor.

### Then comes marriage...

It is incredibly important to look your very best on your wedding day. Tommy Europe, star of *The Last 10 Pounds Bootcamp* on Slice, helps women do exactly that every day. At Tommy's *10 Pound Shred Bootcamp Tour*, he'll be giving an overview of his unique HITZ (High Intensity Training Zone) system. Tommy will show you how to safely and effectively push your body past your comfort zones, and replace any *I can't* thoughts with *yes I can*. A less intense option is Shiamak's *Bollywood Workout* –an exhilarating cardio blast spiced up with groovy Bollywood moves for that full body workout like never before.

### Then comes baby....

Many women, due to their careers or other factors, are putting off having babies until later. And then, some can struggle with fertility. At The Wellness Show, there will be a bevy of demonstrations and workshops on this topic, including:

*Meditating For Fertility, Fertile Minds, Boosting Fertility With Hypnosis, Natural Fertility Care: Enhancing Female And Male Health, and The Gourmet Pregnancy - Creating An Enjoyable, Yummy, And Low-Stress Pregnancy.*

### And beyond...

After baby is born, The Wellness Show offers tips and tricks to deal with the enormity of that lifestyle change, in the form of workshops around *Healing Your Postpartum Body* and *Real Food For Real Moms!*

**The Wellness Show** runs from Friday, April 30, through until Sunday, May 1 at the Vancouver Convention Centre, 999 Canada Place (under the five sails). 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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