

Kids Physical Activity Area



At the Wellness Show, Gymnastics BC and its clubs have created circuits that involve a matted area with some developmental equipment for children to try. This is an interactive activity for children that is safely guided by certified staff. The participants will be exposed to a variety of introductory movement and gymnastics basics.

Admission Prices

TICKETS AT THE DOOR, CASH ONLY:

\$16.00 GENERAL ADMISSION* | \$14.00 FOR SENIORS (65+) & STUDENTS*
 \$6.00 FOR CHILDREN 6-15* | FREE FOR 5 YEARS & UNDER*
 \$30.00 3 DAY PASS*

*all prices include HST, for a reduced rate purchase your tickets online at www.thewellnessshow.com

DISCOUNT TICKETS AVAILABLE ON-LINE

THROUGH PAYPAL AT WWW.THEWELLNESSSHOW.COM/TICKETS



Show Hours

February 17th – 12 NOON TO 8 PM
 February 18th – 10 AM TO 7 PM
 February 19th – 10 AM TO 6 PM

Location

BACK to our original home under the sails! Vancouver Convention Centre, East Building Exhibit Hall B & C, 999 Canada Place Vancouver BC.

Check out our website for details
www.thewellnessshow.com

Facebook: www.facebook.com/thewellnessshow
 Twitter: @thewellnessshow | Hashtag: #Wellness11

EVENT INFORMATION 604-983-2794



Thank you to our sponsors



all you need is
cheese



THE WELLNESS SHOW



Be Well. Be Happy. Be You.

"Love the show, love the samples. Absolutely fantastic. Educational and entertaining!"



20 years

February 17, 18 & 19 2012

VANCOUVER CONVENTION CENTRE, UNDER THE SAILS
 EAST BUILDING EXHIBIT HALL B & C

Friday, 12 noon to 8 pm | Saturday, 10 am to 7 pm | Sunday, 10 am to 6 pm

www.thewellnessshow.com

Enter to Win Some Great Prizes



1st prize – Holly Hock Package. Three Nights Deluxe Package for Two in a private ocean-front room + 2 meals included valued \$1300 at Canada's Lifelong Learning Centre, HOLLYHOCK, Canada's leading educational retreat centre on Cortes Island. www.hollyhock.ca



2nd prize – Two, 6 month memberships to Steve Nash Fitness World (17 locations). Value \$1200 SPONSORED BY STEVE NASH / FITNESS WORLD



3rd prize – Accommodation & Spa at Tulalip Resort - Casino | night Stay Deluxe Accommodation T Spa Heaven and Earth Package value of \$525 www.tulalipresort.com

Join the Dairy Farmers of Canada!

Taste and savour local and Canadian cheeses, lots of samples!

Friday, Feb 17th: 1:30 pm, 3 pm, 4:30 pm, and 6 pm

Saturday, Feb 18th: 11 am, 12:30 pm, 2 pm, 3:30 pm and 5 pm

Sunday, Feb 19th: 11 am, 12:30 pm, 2 pm and 3:30 pm

Workshops

FRIDAY, FEBRUARY 17, 2012

2:15PM "A magical Journey through the Chakras" - Sponsored by: Michael D'Alton's School of Bio-Energy Healing - Michael D'Alton - Instantly learn how each chakra effects a specific area in your life. Stop wasting time trying to fix your outer life and discover at this workshop how fixing the balance of energy in your chakras can change your health, happiness and reality. - see *Woman and Wellness, Sat 18, 6:00 for bio.*

3:45PM Fat Loss for the 21st Century - Sponsored by: INFOFIT - André Noël Potvin, MSc, CES, CSCS, BCRPA-TFL - The popular and widespread notion of fat loss as simply the difference between calories consumed and calories expended is inadequate to deal with the complexities of 21st-century North American life. This lecture addresses variables such as: genetics, hormones, aging, stress, nutrition, environment, medications, lifestyle, attitude, diet and metabolism. Understand what you can do to help or hinder your results. - see *Living Well, Sat 18, 5:30 for bio.*

5:15PM What and Where is the Happiness - Sponsored by: Phurbu Kunga, Traditional Tibetan Medicine Practitioner - Do you know what happiness is inside of you? Do you want to find it? Do you what to know how to find it? Join us.

6:45PM Meditation Made Easy - Sponsored by: Tara Canada Network Association - Diana Holland - Learn the How, What and Why of Transmission. Non-Denominational. No experience needed. - Diana Holland is a College Instructor, Canadian correspondent for Share International magazine and a long-term Transmission Meditation practitioner.

SATURDAY, FEBRUARY 18, 2012

11:00AM Energy Healing - Sponsored by: Vancouver Pranic Healing Association - Casper Blackwell and Jenett Ashley - A free healing demonstration will be done using an audience member. - *Casper Blackwell is an Associate Pranic Healer, he is the founder of Conscious Bliss Life Enhancement Services, co-founder of Integrated Energetics with Devina Singh. Jenett studied Pranic Healing with the founder, Master Choa Kok Sui. Jenett is the designated Senior Teacher in Vancouver.*

12:45PM Pain Management - Sponsored by: Integrative Healing Arts - Dr. Heidi Rootes - An estimated 3 million people in Canada suffer from a pain related condition. If you or someone you know lives with pain please join us for an interactive seminar and learn what you can do to manage and treat your pain. - *Dr. Heidi Rootes, ND, received her medical training at the Boucher Institute of Naturopathic Medicine. Her practical experience and training include intravenous and injection therapies with a specialization in pain management, hormone imbalance, digestive disorders, stress related conditions and healthy aging.*

2:00PM A Storm on the Horizon - How to educate our immune system to fight the flu - Sponsored by: Abbitis Biologix Corp. - Typically, the human immune system vanquishes viral invaders, or neutralizes their ability to spread. The battle intensifies as a strong but unwise immune system escalates inflammation at the cost of healthy tissues. This creates a "Cytokine Storm" that can destroy our lungs - all from an immune system that is strong but not smart. - *Dr. Samuel J. Brant, MS, MD - has been in practice since 1982 and is an author, inventor and teacher.*

3:15PM Meditation Made Easy - Sponsored by: Tara Canada Network Association - Diana Holland - Learn the How, What and Why of Transmission A Meditation For The New Age. Non-Denominational. No experience needed. - see *Workshops, Friday 17, 6:45 for bio.*

4:30PM Practical Tools to Manage Stress - Sponsored by: Bridge Health - Dr. Divi Chandna, MD - Stress is thought to be a primary factor in 99% of disease processes. Learn tools to shift, alter and change your life. - see *Woman and Wellness, Sunday 19, 3:00 for bios.*

SUNDAY, FEBRUARY 19, 2012

11:00AM Meditation is More Than Just Sitting Still! - Sponsored by: Sabita Suedat and Gary Savitsky, Alternative Health Practitioners

12:45PM Freedom From Depression - Sponsored by: Choose Again Society - Amy Rice, B.A., B.Ed and Diederik Wolsak, RPC, MPCP - Many leading doctors now agree that the number of Canadians on prescription anti-depressant medication has reached epidemic proportions. Choose Again will teach you our unique "Six Steps to Freedom", that will break your negative mental patterns and liberate your mind and soul from the confines of depression. - see *Living Well, Saturday 18, 2:30 for bios.*

2:00PM Energy Healing - Sponsored by: Vancouver Pranic Healing Association - Casper Blackwell and Jenett Ashley - Energy Healing, the energy that is in everything we do and say and how it affects our lives. A free healing demonstration will be done using an audience member. - see *Workshops, Saturday 18, 11:00 for bios.*

Women & Wellness

FRIDAY, FEBRUARY 17, 2012

2:00PM Running Well Into Your 40s, 50s and Beyond - Sponsored by: BC Living / TV Week - Curb Ivanic, MS, CSCS, PES - How to enjoy a lifetime of injury-free running. You'll learn tips and techniques to stay healthy and running strong no matter what your age. - *Curb Ivanic is a running coach and Certified Strength & Conditioning Specialist who holds a Masters degree in Exercise Science. In addition to training hundreds of runners and triathletes over the past 11 years, Curb is an experienced runner himself having completed over a dozen ultramarathons including two top 15 finishes at the Knee Knacker and Diez Vista 50K races.*

3:00PM The APO E Gene Diet and The Perfect Gene Diet - Sponsored by: Penscott Management Corporation - Pamela McDonald - The APO E Gene Diet focuses on the prevention and reversal of serious diseases such as: Heart Disease, Diabetes, High blood pressure and Alzheimers disease. - *Pamela McDonald is a leading intergrative medicine nurse practitioner, author and international speaker who has focused her work on the prevention of chronic illness, especially heart and Alzheimer's disease.*

4:00PM "Life On Pause" - The Power of Bio-Idential Hormones - Sponsored by: EnerChanges - Brian Martin, BSc, ND - Are you experiencing, hot flashes, sleep disturbances, weight gain, lack of sex drive and vitality? Do you feel you're aging too fast, do you want your life back? - *EnerChanges and Dr. Brian Martin have been recommended in Suzanne Somers book Breakthrough. Dr. Martin owns EnerChanges and Rapid Metabolic Weightloss Clinic and has helped thousands of patients improve their energy, lose stubborn weight and increase their overall health and happiness.*

5:00PM A Naturopathic Approach to Facial Rejuvenation - Sponsored by: Integrative Healing Arts - Dr. Katie Leah - Cosmetic platelet rich plasma (PRP) Facial Rejuvenation is a natural, non-toxic treatment that uses your own blood, platelets, and stem cells to help reduce the appearance of acne scars, fine lines, and wrinkles. *Dr. Katie Leah is a licensed ND at Integrative Healing Arts in Vancouver, BC. She is skilled in a wide variety of Naturopathic treatments and therapies*

SATURDAY, FEBRUARY 18, 2012

11:00AM Running for a Heathy Body & Mind - Sponsored by: BC Living / TV Week - Curb Ivanic, MS, CSCS, PES - Most people think of yoga and pilates as mind-body exercise but did you know running is also a mindbody workout? Discover how running builds not only a fit, vibrant body but a healthy, sound mind. - *For bio see, Woman and Wellness, Friday 17, 2:00.*

12:00PM One Rep at a Time - Sponsored by: McCoy Fitness & Health - Karen McCoy - Her new book, One Rep at a Time, in her journey through her darkest night (which lasted 10 years) as she struggled to find meaning in her son's illness - and her fight to reclaim her own health - with lessons learned from unexpected places. - *Karen McCoy is a TV fitness personality, trainer, athlete, sports nutritionist, motivational speaker, author, business owner and mother.*

1:00PM Whole Food Approaches to Supporting Bone Health - Sponsored by: TallGrass - Dr. Miranda Demierre, BSc, ND - Bones are living, dynamic tissue that require a diversity of whole food nutrients, healthy hormones, and a balanced lifestyle for optimal health and strength at all ages. Join Dr. Miranda Demierre, ND to learn how bone health can be maximized through whole food supplementation, herbs, activity and digestive health. - *Dr. Miranda Demierre, BSc, ND, is a Vancouver-based Naturopathic Doctor and graduate of the Boucher Institute in New Westminster.*

2:00PM Rapid Metabolic Weightloss with HCG and Metabolic Nutraceuticals - Sponsored by: EnerChanges - Brian Martin, BSc, ND - Learn how to dramatically decrease stubborn fat using HCG (Human Chorionic Gonadotrophin Hormone). See *Women & Wellness Seminars Fri 4:00 PM for bio.*

3:00PM Everything You Need to know about Hormones - Sponsored by: Nutraways - Lorna Vanderhaeghe, BSc, ND - From how to stop hot flashes and night sweats to how stress affects weight gain. What nutrients help you sleep and how to stop hair loss. The secret to beautiful skin and how to get your energy back. - *Lorna Vanderhaeghe, with degrees in nutrition and biochemistry, she is the author of eleven books including A Smart Woman's Guide to Hormones and A Smart Woman's Guide to Weight Loss. Visit her website - www.hormonehelp.com to sign up for her monthly newsletter.*

4:00PM Becoming the Power in Your Life for Health and Joy - Sponsored by: Health Action Network Society - Neline Johnson, MD - Does it ever feel like work to get and stay healthy? Wondering if there are some secrets you are missing? The speaker explores the healing paradigm from an inner perspective to reveal how to create your own health and joy. *With over 20 years*

of your dreams - you're going to LOVE this seminar. Practical, proven strategies that you can implement right away and start living happily ever after before you even leave the building. - *Heather White is an Entrepreneurial Advisor and Personal Coach helping clients strike that sweet spot between grounded self-care and accelerated profitability - she believes booming growth should be blissful.*

4:30PM The Inner Bridge to Great Health - Sponsored by: Core Potentials Training Inc. - Hermann Muller - In this talk you will get a deeper understanding of how your thoughts and your life experience have created the habitual patterns that run your BodyMind. If you attend only one lecture this year - this is it! - *Hermann Müller is the world leader in the field of Psychosomatic Therapy.*

6:30PM Peace Begins With Me - Sponsored by: Health Action Network Society - Ted Kuntz - Simple yet powerful strategies to create peace, joy and happiness. - *Ted Kuntz is a psychotherapist, author and community activist. Much of the wisdom that Dr shares in his work came from his journey as the father of a child with severe disabilities. His best selling book, "Peace Begins With Me" is a summary of his journey to make peace with life.*

SATURDAY, FEBRUARY 18, 2012

11:30AM Brainology - Sponsored by: HapiFoods Group Inc. - Niv Harris - Your brain and intelligence grow with the right care and feeding. Learn how to create opportunities for optimal brain performance. Come find out about your amazing brain and discover strategies guaranteed to keep your brain growing - at any age. - *Niv brings over 20 years of experience in teaching and training, mentoring, and coaching based on leading edge cognitive and psychological theory.*

12:30PM Humour For Health - Sponsored by: Fresh Magazine - Monique Hurteau and special guest Lorne Cardinal - A fun and interactive workshop where participants will learn how to use humour to increase their resilience and improve overall health, by using tools that can help turn almost any challenging situation into something that can be laughed at! - *Monique Hurteau is a stand-up comedian, a personal trainer with an MBA and a contributor to Chatelaine & IDEA Fitness Journal. Lorne Cardinal is an Actor/Director well known for his role as Sgt. Davis Quinton on CTV's Corner Gas.*

1:30PM Secrets to Youthful Posture and Fluid Movement for Life - Sponsored by: Genuine Health - Sam Graci - Learn the secrets to youthful posture and fluid movement for a lifetime, along with simple strategies for improving bone and joint health in your teens, 20's, 30's, 40's, 50's and beyond. Test your pH and find out how to make your body more alkaline. Discover a fast and simple solution for joint pain caused by osteoarthritis, repetitive strain and injury. - *Sam Graci is an internationally renowned lecturer, consultant, researcher and formulator in the field of optimal human health and nutrition.*

2:30PM Freedom From Depression - Sponsored by: Choose Again Society - Amy Rice, B.A., B.Ed and Diederik Wolsak, RPC, MPCP - see *Workshops, Sunday 2:45pm, for description and bio.*

3:30PM Living Active is Living Well - Sponsored by: University of Victoria - Angela Sealy - We all want to be physically active & enjoy the benefits of play but often find it difficult to be consistent. - *Angela Sealy is an experienced facilitator & a graduate of the University of Victoria who truly believes that Living Active is Living Well.*

4:30PM "Self Healing" The New Health Science - Sponsored by: Core Potentials Training Inc. - Carole Friesen - Do you want better Health, more Energy and much happier Relationships? Learn how to make real practical changes which will empower you to fully embody your true self. - *Carole Friesen is North America's leading expert in personal transformation and an award winning teacher with a Diploma in Psychosomatic Therapy, Carole is in the business of empowerment.*

5:30PM Health, Fitness and Aging - Sponsored by: INFOFIT - André Noël Potvin, MSc, CES, CSCS, BCRPA-TFL - Join André Noël Potvin as he teaches you about Biomarkers for health, fitness and performance and how they can interact to cause disease or maximize your health. Learn about harmful training methods that can actually ACCELERATE the aging process, the most current exercise science research and recommended training applications for healthy aging. - *André Noël Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 27 years of leadership experience and clinical experience.*

SUNDAY, FEBRUARY 19, 2012

10:30AM Tao Song for Healing & Rejuvenation with Dr. and Master Zhi Gang Sha - Part 1 - Sponsored by: Universal Soul Service Corp. - Join Master Sha, world-renowned soul leader, soul healer, bestselling author, and learn highly effective, yet simple Tao Songs to transform health,

3:15 PM A Storm on the Horizon - How to protect our immune system to fight the flu -
Sponsored by: *Abbitis Biologix Corp.* - See Workshops, Saturday 18, 2:00 PM for speaker bio and topic description.

Demo Stage

FRIDAY, FEBRUARY 17, 2012

2:00PM The Health Benefits of Square Dancing - Sponsored by: *Fraser Valley Square & Round Dance Association - Ken Crisp* - Dancers have fun - laugh more, make friends, exercise more, reduce stress and improve memory skills.

3:30PM Shiamak's Bollywood Workout - Sponsored by: *Shiamak Davar Int'l* - Shiamak's Bollywood workout is a dance based cardiovascular class which includes high energy Bollywood moves to Bollywood grooves. Shiamak's Yoga fuses breathing and meditation techniques and postures with dance to create expressive movement.

4:15 PM Sufi Whirling & Music - Sponsored by: *Sufi Meditation Center - Shaykh Nurjan MirAhmadi* - A brief introduction to the practice of Sufi Whirling followed by a demonstration with Sufi dancers. - *As-Sayed Nurjan MirAhmadi is a world-renowned Sufi mystic and author.*

5:00PM Walk Smart - Maximize your Benefits! - Sponsored by: *Keenfit-The Pole Walking Co. - Sheri Simson* - aka The Pole Lady - Sheri will demonstrate how simple it is to learn to Walk Smart and turn your Walk into a total-body workout with less effort and tons more benefits. - *An entrepreneur & business woman Sheri shares how she discovered the European Fitness Secret of Pole Walking & lost 40 lbs.*

5:45PM Shiamak's Bollywood Workout - Sponsored by: *Shiamak Davar Int'l* - see Demo Stage, Friday 17, 3:30 for description.

SATURDAY, FEBRUARY 18, 2012

10:30 AM Shiamak's Bollywood Workout - see Demo Stage, Friday 17, 3:30 for description.

11:15AM A mat Pilates demonstration. - Sponsored by: *Balanced Wellness Retreats - Kala Raymond*

12:00 PM The Health Benefits of Square Dancing - Sponsored by: *Fraser Valley Square & Round Dance Assn* - see Demo Stage, Friday 17, 2:00 for description.

12:45 PM Sufi Whirling & Music - Sponsored by: *Sufi Meditation Center - Shaykh Nurjan MirAhmadi* - see Demo Stage, Friday 17, 4:15 for description.

1:30PM Walk Smart - Maximize your Benefits! - Sponsored by: *Keenfit-The Pole Walking Co. - see Demo Stage, Friday 17, 5:00 for description.*

2:15 PM Shiamak's Bollywood Workout or Shiamak's Yoga - Sponsored by: *Shiamak Davar Int'l* - see Demo Stage, Friday 17, 3:30 for description.

3:00 PM "addictively fun" Speedminton®, Speed Badminton Demo - Sponsored by: *M4 M ideas inc - Kim Matthews* - Kim demonstrates a 3-minute set-up and non-stop fun without a net, Speedminton speed badminton's designed for outdoor play. No skill required.

3:45PM Sufi Whirling & Music - Sponsored by: *Sufi Meditation Center - Shaykh Nurjan MirAhmadi* - see Demo Stage, Friday 17, 4:15 for description.

4:30 PM Walk Smart - Maximize your Benefits! - Sponsored by: *Keenfit-The Pole Walking Co. - Sheri Simson* - aka The Pole Lady - see Demo Stage, Friday 17, 5:00 for description.

5:15PM A mat Pilates demonstration. - Sponsored by: *Balanced Wellness Retreats - Kala Raymond* - A mat Pilates demonstration.

SUNDAY, FEBRUARY 19, 2012

11:15 AM Shiamak's Bollywood Workout or Shiamak's Yoga - Sponsored by: *Shiamak Davar International - Shiamak's Bollywood Workout* - see Demo Stage, Friday 17, 3:30 for description.

12:00 PM Sufi Whirling & Music - Sponsored by: *Sufi Meditation Center - Shaykh Nurjan MirAhmadi* - see Demo Stage, Friday 17, 4:15 for description.

12:45 PM Walk Smart - Maximize your Benefits! - Sponsored by: *Keenfit-The Pole Walking Co. - Sheri Simson* - aka The Pole Lady - see Demo Stage, Friday 17, 5:00 for description.

1:30 PM Shiamak's Bollywood Workout or Shiamak's Yoga - Sponsored by: *Shiamak Davar International - Shiamak's Bollywood Workout* - see Demo Stage, Friday 17, 3:30 for description.

2:15 PM "addictively fun" Speedminton®, Speed Badminton Demo - Sponsored by: *M4 M ideas inc Speedminton - Kim Matthews* - see Demo Stage, Saturday, 3:00 for Description.

from an interview perspective to reveal keys to creating your own health and joy. - *With over 30 years experience as a family physician and over 15 years developing a health and healing practice, Dr. Johnson has expertise in understanding the emotional and mental factors in disease, from colds to cancer.*

5:00PM 5 Secrets to a Younger You! - Sponsored by: *OxyLift, FaceLift-in-a-Box - Cathi Graham* - Clinically Proven and Natural ways to Erase Wrinkles, Acne, Puffy Eyes, and Saggy Skin. Tips on How to Produce Collagen (the Anti-Aging Protein) and how to Naturally Decrease Cellulite to reduce the "cottage cheese" look. - *Cathi Graham, founder of OxyLift and the Fresh Start Program, released 186 lbs leaving her with saggy skin- she found OxyLift and used it to Lift, Tone and Smoothe her skin. She is a best selling author, appeared on television shows, magazines and radio shows.*

6:00PM "Bio-Energy Healing Therapy of the Future" - Sponsored by: *Michael D'Alton's School of Bio-Energy Healing* - Can you imagine sleeping peacefully at night and waking up each day refreshed and bursting with energy, being light on your feet? - *Dublin born Bio-Energy Trainer Michael D'Alton has practiced and taught the art of Bio-Energy Healing for over 17 years. As a leader in the field of Energy Medicine, Michael has worked extensively in Ireland, the UK and now Canada and his accomplishments include being featured on the television shows 'Remedy Me!' (W Network) and 'First Talk' (Joy TV).*

SUNDAY, FEBRUARY 19, 2012

11:00 AM The APO E Gene Diet and The Perfect Gene Diet - Sponsored by: *Penscott Management Corporation - Pamela McDonald* - The APO E Gene Diet focuses on the prevention and reversal of serious diseases such as: Heart Disease, Diabetes, High blood pressure and Alzheimers disease. It addresses the whole person-body, mind and spirit. Provides a personalized nutritional and exercise plan for each APO E genotype. - *For bio see, Woman and Wellness, Friday 17, 3:00.*

12:00 PM Running Well Into Your 40s, 50s and Beyond - Sponsored by: *BC Living / TV Week - Curb Ivanic, MS, CSCS, PES* - How to enjoy a lifetime of injury-free running. You'll learn tips and techniques to stay healthy and running strong no matter what your age. - *For bio see, Woman and Wellness, Friday 17, 2:00*

1:00 PM Mastering Menopause - Sponsored by: *Working With Wellness and Maya Natural Health - Bev Maya, B.Sc.(Hon), Gilly Thomas, D. Phyt., MNIMH, AHG* - A conversation far beyond estrogen and progesterone. Own your hormone symphony and energy/emotional centers. Move from: sleeplessness to sleep, hot flashes to power surges, depression and anxiety to empowerment, and confusion to clarity. "The change" can be positive. - *Back in university, Bev earned a reputation as a tenacious inquisitive driven to understand nature through science. Today, as a Medical Herbalist and international speaker, Bev focuses on demystifying menopause. Gilly Thomas is a healer and teacher. She presents internationally and enjoys inspiring people to engage in their own healing through knowledge and understanding.*

2:00PM Alive and Kicking - Increase Health, Lose Stubborn Weight and Be Happy - Sponsored by: *EnerChanges - Brian Martin, BSc, ND* - Do you feel like you're older than you really are? Learn some simple steps to increase your health and slow down aging and disease. Learn about proper testing and treatment options. EnerChanges is recommended by Suzanne Somers best selling book, "Breakthrough". - *For bio see, Woman and Wellness, Friday 17, 4:00.*

3:00PM Healing Depression and Anxiety Holistically - Sponsored by: *The Bridge Health - Dr. Divi Chandna, MD and Georgina Durcan* - Learn alternate methods for healing depression and anxiety. - *Dr. Divi Chandna, MD, CCFP is a family doctor. She has been practicing Western Medicine since 1993. She is a Certified Mind, Body Instructor, Certified Medical Intuitive and a Yoga Teacher. She believes that true healing is a balanced approach through mind, body and spirit. Georgie Durcan is an internationally renowned and highly experienced intuitive healer, reiki master and wellness coach.*

Living Well

FRIDAY, FEBRUARY 17, 2012

2:30PM Eating Alive - Curing the Incurable - *Dr. John Matsen, ND - Northshore Naturopathic Clinic* - Dr. Matsen will explain how an unbalanced diet, poor digestion and an overloaded liver can be the cause of virtually all chronic health problems.

3:30PM Customize Your Life and Live Happily Ever After - Sponsored by: *Fresh Magazine - Heather White* - It may not be easy to have a happy, fulfilling, successful life, but it is simple. If you're ready to jump in the driver's seat of your life, ditch all excuses, feel good, reach your goals and live the life

relationships and finances! - *Dr. and Master Zhi Gang Sha is a soul leader, world-renowned healer and New York Times best-selling author of the Soul Power Series, including Tao Song and Tao Dance.*

11:30 AM Tao Song for Healing & Rejuvenation with Dr. and Master Zhi Gang Sha - Part 2 - Sponsored by: *Universal Soul Service Corp.* - see Living Well, Sunday 19, 10:30 for bio and description.

12:30PM Find YOUR Healthy Weight, Naturally! - Sponsored by: *Choices Markets - Desiree Nielson, RD* - Find out why we have a hard time losing weight and how a holistic, whole food, plant based approach to eating well can help you change your weight, for life! - *Desiree is a sought after speaker on a variety of topics, including sustainable nutrition and anti-inflammatory eating and has appeared regularly in local and national media including appearances on CTV Your Health and CBC Radio.*

1:30PM The Path to Phenomenal Health, High Energy and Improved Wellbeing - Sponsored by: *Genuine Health - Sam Graci* - Our bodies are extremely adaptable and able to excel despite increased pollutants, lowered food quality, 24-7-365 lifestyles. How do we improve inflammation; balance our pH; repair our joints and build bone; activate energy; become a rapidly aging senior or a wise elder. Tweaking your lifestyle, making conscious decisions, is all it takes. - *see Living Well, Saturday 18, 1:30 for bio.*

2:30PM "Law of Attraction and Healing" - Sponsored by: *Michael D'Alton's School of Bio-Energy Healing - Michael D'Alton* - Discover the 3 common mistakes that even smart people make when using the law of attraction to improve their health and well-being. - *see Woman and Wellness, Saturday 18, 6:00 for bio.*

3:30PM Fit, Firm and Fabulous - Sponsored by: *INFOFIT - André Noël Potvin* - This is "Genetic Exercise™" made simple! In this lecture André Noël Potvin explains, the science behind stubborn fat-loss. Additionally, this lecture will show how to determine healthy body composition and alternative approaches to help with safe and effective weight loss. - *see Living Well, Saturday 18, 5:30 for bio.*

4:30PM Top 10 Strategies For Raising Healthy Children - Sponsored by: *The Fit Child - Mike Howard, Owner/Coach* - In a technology-dominant and dual-income parenting generation it is as challenging as ever to raise healthy children. Learn simple, effective and long-lasting strategies to help give children the activity and healthy nutrition they need to live the healthiest life possible. - *A coach, personal trainer and author, Mike runs both youth and adult fitness programs in the Vancouver area working with young people of all abilities from special needs to athletes.*

Cooking Stage

FRIDAY, FEBRUARY 17, 2012

2:00 PM Dr. Rhonda Low - Sponsored by: *CTV Television Inc.* - Your Health CTV Host, and chef author Julie Van Rosenthal will highlight her new book release: "Cooking and Baking with Beans & Grains Everyday"

3:30PM Tobias Grignon, Executive Chef - Sponsored by: *Bistro Pastis*

5:00PM Ned Bell, Executive Chef - Sponsored by: *Four Seasons Hotel*

6:00PM Romy Prasad, Executive Chef - Sponsored by: *Frederico's Supper Club*

SATURDAY, FEBRUARY 18, 2012

11:30AM Jennifer Peters, Executive Chef - Sponsored by: *Raincity Grill*

12:30PM Antonio Cerullo, Executive Chef - Sponsored by: *Choices Markets*

1:45PM Hidekazu Tojo, Executive Chef - Sponsored by: *Tojo's Restaurant*

3:00PM Robert Erickson, Executive Chef - Sponsored by: *Central Bistro*

4:30PM Antonio Cerullo, Executive Chef - Sponsored by: *Choices Markets*

5:30PM Sasha Liang - Healthy Winter Cocktails - Sponsored by: *Balanced Wellness Retreats*

SUNDAY, FEBRUARY 19, 2012

11:00AM Chris Bisaro, Executive Chef - Sponsored by: *Brix Restaurant*

12:00PM Todd Bright, Executive Chef - Sponsored by: *Wild Rice*

1:00PM Kris Kabush, Executive Chef - Sponsored by: *Hart House Restaurant*

2:00PM Ken Nakano, Executive Chef - Sponsored by: *Rosewood Hotel Georgia*

3:00PM Giuseppe (Pino) Postero, Executive Chef - Sponsored by: *Gioppino's Mediterranean Grill*

4:00PM Grace, Executive Chef - Sirivan Rerkutsitsiridach - Sponsored by: *Simply Thai.*