



For immediate release: January 16, 2012
Media Contact: Rebecca Coleman
Rebecca@rebeccacoleman.ca / 778.230.1712

Be Happy. Be Well. Be You. The 20th Anniversary Wellness Show.

VANCOUVER, BC: New Rave Productions presents **The Wellness Show**, the largest trade show in Western Canada dedicated to helping you to live a more balanced and holistic lifestyle. This year's **Wellness Show** marks their Twentieth Anniversary, and takes place February 17-19, at the Vancouver Convention Centre.

The Wellness Show includes exhibitors, speakers, workshops, fitness and cooking demonstrations, lots of yummy food samples, and amazing contests, all on a variety of wellness topics, all under one roof.

This year's show includes:

Celebrity Cooking Stage: Pino Posteraro, Cioppino's; Ken Nakamo, The Rosewood Hotel Georgia; Ned Bell, The Four Seasons; Jennifer Peters, Raincity Grill; Robert Erikson, Central Bistro; Antonio Cerullo, Choices Markets; Kris Kabush, Hart House Restaurant; Hidekazu Tojo, Tojo's; and special guest, Julie Van Rosendaal, best-selling author, *Spilling the Beans*.

Demonstration Stage: Square Dancing, Sufi Whirling, Speedmonton (Speed Badminton), Pliates, Pole Walking, and the ever-popular Shimak's Bollywood Workout.

Living Well Stage: "Brainology" by Niv Harris, "Health, Fitness and Aging" by Infofit, "The Path to Phenomenal Health, High Energy and Improved Well-Being" by Sam Graci, "Humor for Health" by Monique Hurteau and Lorne Cardinal (*Corner Gas*) and much, much more, including Master Zhi Gang Sha.

Women and Wellness Stage: "Everything You Need to Know about Hormones," by Lorna VanderHaegen, "Mastering Menopause," by Bev Maya and Gilly Thomas, and "Healing Depression and Anxiety Holistically," by Dr Divi Chandna.

Workshop Stage: "Fat Loss for the 21st Century," by Infofit, "Meditation Made Easy," by Kiana Holland, "Pain Management," by Dr. Heidi Rootes, and "Practical Tools to Manage Stress," by Dr. Divi Chandna.

Tea Garden: NEW this year! Tea-tasting sessions with experts, as well as information and tastings of medicinal and Roibos teas, a Moroccan tea ceremony, and a workshop to learn how to create your own tea blend.

The Show also features Pet Wellness, Cheese Tastings from **The Dairy Farmers of Canada**, massage, shiatsu and reflexology, and a kids play area set up by **Gymnastics BC**.

The Wellness Show runs Friday, February 17 (noon to 8 pm), Saturday, February 18 (10 am to 7 pm), and Sunday, February 19 (10 am to 6 pm), at the Vancouver Convention Centre, East Building Exhibit Hall B & C, 999 Canada Place. Tickets at the door are: \$16.00 (General Admission), \$14.00 (Seniors & Students), \$6.00 (Children 6-15), FREE (Children 5 Years & Under), and 3 Day Passes are available for \$30. Discounted tickets are available online at http://www.thewellnessshow.com/2012_tickets_sales.html. \$2 off coupons at all Choices Markets.

www.thewellnessshow.com

-end-