



THE  
WELLNESS  
SHOW

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## The 2016 Wellness Show: Save the Date! February 12, 13, & 14, 2016

VANCOUVER, BC: New Rave Productions is pleased to present the 24th annual **Wellness Show**, the West Coast's largest trade show devoted to helping you and your family live a more balanced, holistic and healthy life. This year's show happens **February 12, 13 and 14, 2016**, at the Vancouver Convention Centre. The theme for 2016 is **Healthy Families**. Expect to gain knowledge and easy, practical tips on health and well-being for everyone in your family—from the smallest to the tallest!

The show includes exhibitors, speakers and demonstrations on a diverse range of health and wellness topics, including nutrition, exercise, beauty, healthy aging, alternative and holistic therapies, mental well-being, healthy kids and green living, all under one roof. There are 5 stages featuring **Fitness Demonstrations** (Ballet Fit, Yoga for Managing Anxiety, Gymnaestrada), **Women and Wellness Presentations** (Natural Ways to Deal With Life's Changes, Skin: Glow From the Inside Out, and a "Power Panel" featuring Lorna Vanderhaeghe, Keri Adams, and Karlene Karst), **Living Well Seminars** (Stress—The Hormone Connection, Mindful Relationships, The Overloaded Executive), and the incredibly popular **Celebrity Chef Stage**, presented by Alligga™ (featuring Chopped Champion Alana Peckham, Curtis Luk, Dana Hauser, Tobias Grignon, Jesse Jobin, Sarah Stewart, and everyone's favourite; Tojo). Attend a Cheese Seminar presented by The Dairy Farmers of Canada. Sample and learn about the cheese's origins and potential pairings.

A brand-new feature at the show this year is the **Healthy Families Stage**, featuring a variety of workshops and hands-on fun for kids, parents, and grandparents. Attend a kid-friendly cooking class with Chef Bongo, and learn to make Bliss Balls with Jennifer Brown. Learn natural ways of coping with stress, getting your kids to sleep, or dealing with ADHD. Get in the dirt and learn how to grow food in your backyard or on your balcony in our Urban Gardening Area with LifeSpace Gardens, and let your kids tumble under the supervision of BC Gymnastics certified coaches!

You'll never go home hungry after a day at The Wellness Show, and this year is no exception. In addition to having one of the best swag bags in the business, visitors to the show will snack and sample their way through 300 exhibitors and an Organic Market Section (like a mini grocery store) sponsored by Nesters Market. This year, try the latest in gluten-free and vegan offerings, juices, tea, kombucha, and healthy snack foods.

Attend a fitness demonstration and try a new way of working out, or get a massage, reflexology or a makeover using organic beauty products.

Last year, more than 30,000 people sampled and chatted with our 300 exhibitors, and attended over 100 informative and entertaining seminars, workshops, fitness and cooking demonstrations!

**The Wellness Show** opens its doors from 12-7 pm on February 12, 10 am to 7 pm on February 13, and 10 am to 6 pm on February 14. The show takes place at the Vancouver Convention Centre East, Exhibit Hall B & C, 999 Canada Place in downtown Vancouver. Tickets are \$14.50 General Admission, \$12.50 Seniors 65+ / Students with valid ID, \$6.00 Children (5 and under free), and \$30.00 3 – day pass. Tickets will be available online at [thewellnessshow.com](http://thewellnessshow.com), or at the door.

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