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The 27th Annual Wellness Show: Save the Date! February 2 & 3, 2019

VANCOUVER, BC: New Rave Productions is pleased to present **the 27th Annual Wellness Show**, the West Coast's largest showcase dedicated to nutrition, fitness, physical and emotional well-being. The 2019 Wellness Show takes place February 2 and 3 at the Vancouver Convention Centre, and includes more than 250 exhibitors, 100+ speakers, cooking and fitness demonstrations, all with the goal of helping Vancouverites live their healthiest, best lives.

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, and for one low ticket price. There are 5 stages including **Healthy Families** (DancePl3y for Kids, tea seminars, and how to make less waste), **Fitness Demonstrations** (ELODA for your spine, Meditation, Yoga, Functional Fitness, HIIT Workouts, and myofascial stretching), **Women and Wellness Presentations** (The Power of Mindful Eating, How to Have Mind-blowing Sex through Mindfulness, Women and Cannabis, and Iron Deficiency), **Living Well Seminars** (Winning Against Stress & Strain, Women & Heart Disease; Risks and Prevention, and Beyond the Beauty: The Influential Effects of Collagen), and the incredibly popular **Celebrity Cooking Stage**, (featuring The Food Gays, David Wood, Angie Quaale, Naz Deravian and everyone's favourite; Tojo).

North Shore Table Tennis is back again this year! Play some games and get coached by the pros. Fresh Magazine will be sponsoring a panel discussion featuring Mary Zilba, and hosted by Lorna Vanderhaeghe.

There's always lots to see, do and eat at The Wellness Show! Last year over 20,000 visitors came through our doors, and of those attendees, the vast majority spent a minimum of 4 hours exploring, sampling and learning. A few highlights from this year's exhibitor list include companies who are making sustainable toothbrushes and reusable straws, a juicing company that uses "ugly" produce, and sustainable organic skin care.

The Wellness Show opens its doors from 10 am to 7 pm on Saturday, February 2, and 10 am to 6 pm on Sunday, February 3, 2019. The show takes place at the Vancouver Convention Centre West (New Convention Centre), 999 Canada Pl, Vancouver 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 \$20.00 2 – day, all access pass. Tickets go on sale December 1, and will be available online at thewellnessshow.com, or at the door.

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