



# THE WELLNESS SHOW

Presented by

NESTERS  MARKET

## finding balance



Exhibits, Seminars, Cooking Demos, Prizes & More

# February 11 & 12, 2023

Vancouver Convention Centre, East Building

[www.thewellnessshow.com](http://www.thewellnessshow.com)

event information 604.983.2794

The Wellness Show is produced by New Rave Productions, Inc. since 1992 | [info@thewellnessshow.com](mailto:info@thewellnessshow.com)



Western Canada's industry leader of health and lifestyle consumer shows, the Wellness Show, celebrates its 30th year at the Vancouver Convention Centre East, under the sails on February 11th and 12th, 2023. Meet and greet close to 20,000+ enthusiastic health conscious consumers.

We would like to invite you to be a part of the 30th annual Wellness Show, the largest health and lifestyles showcase in Western Canada. A proven track record of over 29 successful years, The Wellness Show offers a strong brand position, excellent exposure and return on your investment. Come celebrate wellness, healthy lifestyle choices and green living options with like-minded businesses at the Vancouver Convention Centre. Attendees actively seek information and education on these topics, creating an ideal platform to promote your products and services.

Book early to reserve your space and to be part of a growing tradition. Please do not hesitate to contact us for sponsorship, exhibitor or speaker information for the 30th Annual Wellness Show! Contact Jeannette Savard at 604-983-2794, fax 604-983-2795, or email [jsavardnpr@telus.net](mailto:jsavardnpr@telus.net)

Join us in Wellness,  
Jeannette Savard, Founder

The Wellness Show since 1992  
[www.thewellnessshow.com](http://www.thewellnessshow.com) | **February 11th & 12th, 2023.**

## FAST FACTS: Promotion For Maximum Impact

Web presence, social marketing, e-blasts, newsletter, radio, television, print media, digital media and transit ads promote the event and tell the Wellness Show story.

### Date And Place

On February 11th and 12th, 2023, the Wellness Show celebrates its 30th year at the Vancouver Convention Centre – East Building. With its easy access, the Centre is an ideal location for the event.

### The Public Is Informed About The Wellness Show Through:

- Social Marketing including Instagram, Facebook, Twitter and YouTube
- Website Listings with up-to-date schedules and links, E-mail blasts
- e-newsletters
- T.V. ads and coverage
- Print advertising including: transit ads, daily newspapers and well-read community newspapers around the lower mainland and local magazines
- Radio advertising and promotions on targeted stations
- Seminars and exhibitors are all highlighted in both public relations, advertising campaigns and publicity to ensure maximum awareness of the event
- Co-op advertising opportunities and more!

### Who Attends The Show?

- 84% of attendees intend to return
- 78% of attendees identify as female
- 22% of attendees identify as male
- 25% of attendees are 26 – 35
- 25% of attendees are 36 – 45

### What Do They Want?

- Those who attend want more information on nutritious cooking demonstrations, healthy food exhibitors, interactive booths, seminars, yoga, meditation, and pet health.
- Everyone enjoyed learning more about various health options, family wellness and generally want more of everything!

### Show Times

- Saturday, February 11th, 2023 – 10:00 am – 6:00 pm;
- Sunday, February 12th, 2023 – 10:00 am – 5:00 pm.



# EXHIBITORS

Major categories of consumer interest are reflected in the wide variety of Wellness Show exhibitors, covering an ever-broadening range of subjects.

## Nutrition

Organic Market Place Section, food and health food distributors, natural condiments, healthy snacks and desserts, wholesalers and manufacturers who represent healthy eating (vegetarian, gluten free, organic, non-GMO products, eco-friendly); health food stores and suppliers; beverages including water products and juices, coffee and tea, locally produced and more.

## Health Promotion and Wellness

Health assessments, resources, counselling, spas, resorts and travel catering to health and wellness, aromatherapy, health services, botanicals, products, resources and more.

## Active Living, Recreation, Leisure and Fitness

Fitness equipment, lifestyle enhancement services, sport and recreation apparel, products and services, sporting organizations, fitness and activity clubs, trainers, and more.

## Natural Beauty / Healthy and Anti-Aging

Organic skin care products, collagen products, cosmeceuticals, aesthetic services catering to all natural beauty services, all natural hair products, salons offering all natural services, non-surgical beauty options and more.

## Home Health & Wellness

Products and Services promoting healthy homes including water filters and systems, air purifiers, pillows, bedding, linens and much more.

## Complementary, Traditional and Alternative Health Therapies

Massage therapy, acupuncture, aromatherapy, ayurvedic medicine, health services, products and resources, homeopathy, chiropractic services, shiatsu, naturopathic services, traditional Chinese medicine, energy healing and more.

## Family Health

Promoting Services and products to enhance the life of families. Helping you maintain a happy, healthy and balanced life from the inside out!

## Mental Well-Being

Information and resources to maintain mental well-being, stress reduction, meditation, yoga, music, art therapy and more.

## Green Living

Biodegradable products, services and lifestyle options to keep your environment healthy and sustainable.

## Pet Health

Food, practitioners, supplements, complementary health therapies and more.

## Here Is A Partial List Of Past Exhibitors

Advantage Health Matters, Albi Naturals, Altitude Performance & Health, Amazing Grass, Amendia Seniors Community, Andrea Saliba, Ann's Beauty Centre, Aquavita, Arbonne International, Atlas Evolution, Athletic Therapeutic Pharma, Arthritis Research Foundation, Assn of Clinical Hypnotherapists Canada, Avafina Organics, Boyd Vision, CBI Health Group, BC Ass. Of Clinical Counsellors, BC Assn of Kinesiologists, BC Cancer Agency, BC Chicken Marketing Board, BC Cranberry Marketing Commission, BC Dental Hygienists' Assn, BC Egg, BC Epilepsy, BC Golf Assn, BC Learning Centre for Children with Dyslexia, BC Ministry of Health, BC Naturopathic Assn, BC Nurses Union, BC Pharmacy Association, BC Problem Gambling, BC Psychological Assn, BC Responsible Gambling, BC Salmon Marketing Council, Beland Organic Foods, Bikram's Yoga, Bodhi Meditation, Body Energy Club, Blue Sky Clothing, Body Plus Nutrition, Book Publishing Co, Breathe Right, Bremner Foods, BT Seeds, Canada Bread, Canadian Blood Services, Canadian Diabetes, Canadian Hard of Hearing, Canadian Health Network, Canadian Institute for the Relief of Pain and Disability, Canadian Medical Alert, Canadian Mental Health, Canadian Organic Spice and Herb Co, Canadian School of Natural Nutrition, Canadian In-Home Care Assistance, Canadian Shiatsu Society, Cascades Tissue Group, Central Cariboo Tourism, Chopra Addiction and Wellness Center, City of Vancouver, Clayton College of Natural Health, Clearmind Institute, Clef des Champs, Colgan Institute, Co-op Auto Network, College of Massage Therapists, Colour Energy Corp, Cooking Essence, Core Potentials Training Inc., Country Golden Yolks, Curves, Counsellor Training Institute, Cutco Cutlery, Dan-D Foods Ltd., Danone Canada, Detzler Chiropractic, Dietitians of Canada, Direct Buy, Dive BC, Divine Specialty Tea Co., Dom's Naturals, doTERRA, Dream Designs, Dreampath Consulting, Druide Laboratories, DuBrule Hair Restoration Center, Earthbound Farms, Earth Save Canada, Elemental Energies, Elevate Me, Elixir Herbal, EMF Safe Homes, EnerChanges Optimal Aging Clinic, Epicure Selections, Erickson College, Essence Yoga Products, Evergreen Environment Fdn., Escents Aromatherapy, Ethical Deal, Evolution Laser Pain Centres, Expert Hearing Solutions, Family Passages, Family Services of Vancouver, Finlandia Natural Pharmacy & Health Centre, Firma Energy Wear, Fitness Essentials Personal Training, Flaman Fitness, Flora Manufacturing, Foot Solutions, Fresh -N Home Products, Gaia Garden Apothecary, Gelderman Farms, Genuine Health, Giddy Yoyo Chocolate, Gluten Fakery, Good Life Fitness, Gojoy, Greater Vancouver Food Bank, Green Earth Organics, Green Peace Canada, GreenWorks, Green Zebra, Gymnastics BC, Harmonic Arts Dispensary Inc., Happi Foods, Happy Planet, Healing Jade, Health Action Networks, HealthLink BC, Healthy Home Inspections, Heart & Stroke Foundation, Herbasante, Hidden Highlands Ranch, Hills Health Ranch, In Touch Chiropractic Services, Indigenous Earth Spa, Innotech, Into Yoga, Jamieson Laboratories, Jasper Organics, Jassal Chiropractic Services, Juice Plus Tower Garden, Kidd Brothers, KNIX, Kingfisher Oceanside Resort, Langara College, Laser Body Therapy, Le Kiu Importing Co.Ltd., Leading Brands, Left Coast Naturals, Liberte Yogurt, Life Choice Naturals, Manitoba Harvest, Massage Therapists Assn., Medisafe Distribution Inc., Mind Care Centres, Mount St. Joseph Hospital, Mountain Sky Soaps, Munchskins Skin Care, Mushrooms Canada, MS Society of Canada, My Matcha Life, Naked Natural Foods, Nalley's, National Importers Ltd., Nature's Design Dental, Nature's Path Foods Inc., Nesters Market, Nin Jiom Medicine, North Coast Naturals (Fit Foods Inc.), Norwex, Nuez Acres, Nu-Pasta, Nurse Next Door, Nutrisoya, Ocean Deli, Omega Alpha, One Time Locketts, Organon Bio-Sciences, Osteoporosis Centre, Outward Bound, Pacific Blue Cross, Paris Orthotics, Parmalat Canada, Pear Bureau USA, Perfect Balance, Physical Medical Research, Physiotherapy Association of BC, Prairie Naturals, Purica Health, Quejos, Reflexology Assn. of BC, Revitalized Chiropractic Inc., Rhodes College, Rogers Foods Ltd., Royal Herbs, Safe Spa, Sahana Ayurvedic, Salt Springs Spa Resort, Saputo, Scandinavian Spa Whistler, Schneider's Oh Nature!, Scotia McLeod, Seafloor Skincare, She's Fit, Shiatsu Therapy Assn of BC, Soladey Canada, SolarusSaunas, Songlines Health Products, Sonray Sales, Spa at Chateau Whistler, St. John's Ambulance, Stonyfield Farms, Success Tracs, Synergy Physiotherapy, Swiss Medica, T. Killian Chiropractic, T. Zone Health, Tall Grass, Taoist Tai Chi Society, Tara Canada, Tara Naturals, Terra Breads, Thai Massage Centre, The Art of Dentistry, The Green Bed Store, The Indian Pantry Catering Ltd., The Institute of Holistic Nutrition, The Mystic Masala Company, The YWCA Health + Fitness, Transe-Herbe Inc., Trophic Canada, Tuscan Farm Gardens, Traditional Medicinals, truMedic, Twist Conditioning, Ultimate Creations, Vancouver Honeybees, Vitamix, Vossity Beauty, West 1st Chiropractic Wellness Centre, Westminster House Society, Whisk Matcha, Wild Mountain Chocolate, Winning Combination, YMCA of Greater Vancouver, Your Inspiration at Home, YumaSoy Foods Ltd. Zen Organics, Zero Xeno.





## OUR POPULAR FEATURE AREAS

People come to the show for a variety of reasons. Some want information on how to be healthy and well. Some want to try and test new products or services and discover the newest and the latest. Some are just curious. At the Wellness Show they all benefit, as there is something for everyone.

Research showed that attendees would like to participate in more seminars, meet more exhibitors and attend more cooking demonstrations. The hands-on treatments were also very popular. Most wanted simply more of everything!

### Most Popular Features at the 2020 Wellness Show



#### Food Sampling

- Specialty food exhibitors sampling non-gmo, vegan, gluten-free and raw food options
- Celebrity Chef Cooking Stage demonstrations featuring some of BC's top chefs and cookbook authors
- Nesters Market Organic Marketplace featuring healthy and natural products sold in their stores

#### Information

- Seminars Series featuring talks from experts in a wide range of health fields
- Knowledgeable exhibitors sharing their passion for healthy products and healthy lifestyles
- Hands-on treatments like shiatsu, reflexology, and massage

### Attendees love to learn from the demonstrations and seminars too!

#### Celebrity Cooking Stage

The Celebrity Cooking Stage featured 14 high energy cooking seminars from Vancouver chefs, and Award-winning cookbook authors, sharing their favorite recipes and demonstrating how to integrate healthy cooking options into everyday meals. Thank you to our segment product sponsors, BC Chicken, BC Cranberries, Big Mountain Foods, Country Golden Eggs, Mushrooms Canada and especially to our Organic Grocer sponsor Nesters Market, who generously extended their support in kind with top local and regional product.



#### Living Well Seminar Stage

The Living Well Stage offered 11 seminars on a wide range of topics including Establishing a Daily Routine: Why and How? with Yoga fit; Shifting Your Inner Voice with Skylark Counseling; Mental Health, Community, and the Role of Comedy Therapy with Hilarapy; An introduction to the Practice of Traditional Chinese Medicine and How it can strengthen your Immune System with Nikkei Canada Marketing Limited; and our End of Life Panel "Where do we go from Here" with our panelists, Megan Sheldon, Emily Bootle, Christina Andreola, Christa Ovenell, and much more.





### Women & Wellness Seminar Stage

Fresh Magazine presented "The Women & Wellness Seminar Stage - A Candid Discussion about Mental Health," which featured an enlightening discussion on health and wellness with Alyson Jones, a highly respected therapist, educator, and writer with Alyson Jones & Associates, Amanda Da Silva, author, educator, health and wellness advocate, entrepreneur, personal coach, and Aeryon Ashlie, founder of Aeryon Wellness Supplements, CHN, Speaker, #1 Best Selling Author and On-Air Radio personality. This up close and personal seminar shared insights and anecdotes from their careers, family and personal lives and answered thought provoking questions, from our moderator Johanna Ward. The stage also continued to host 13 other speakers on a variety of topics on Women's Health issues such as Hormone Havoc and Nutrient Deficiencies with Lorna Vanderhaeghe, How to Be a Champion of Change (and not a victim) with Dai Manuel, Creating Radical Transformation - Mind, Body and Soul with Andrea Saliba Nutrition, Heart Health for Women Dr. James Kneller, MD from Omega Revolution, and much more



### Play Zone sponsored by YMCA of Greater Vancouver

Sponsored by YMCA Of Greater Vancouver, there were life-size games and physical activities such as Hungry Hippos, Gaga Ball and Minefield. It was a great opportunity for the younger Attendees to enjoy the show as well.



### Relax & Recharge Lounge presented by Past Pieces Vintage Weddings & Events

Attendees enjoyed a moment of rest in a custom-designed vintage-inspired lounge area provided by Past Pieces Vintage Weddings & Events.

### NESTERS MARKET Organic Marketplace

As the proud presenting sponsor of The Wellness Show, the Nesters Market Organic Marketplace area highlights some of the quality organic and natural products carried in Nesters Market stores. Stop by and say hi to one of Nesters Market's Store Managers and Team Members, enjoy a delicious organic apple from their Produce Department, and learn a little more about where they are, what they do and why they do it!



## Have an Idea for 2023?

We are always looking for more ways to educate, inform and entertain. Share your ideas with us and sponsor your own special feature area.





## RAVE REVIEWS



**Nesters Market** – “We were very happy to be a key sponsor of The Wellness Show, finding it a very worthwhile endeavour. The show is an excellent event that attracts an educated and curious demographic of potential customers enabling you to showcase your brand, products and services for over 20,000 attendees. We very much look forward to supporting The Wellness Show again in 2021.”

**Evo Car Share** – “This show is a great way for us to connect with our local community and share more about how Evo Car Share can support their lifestyle. The show is always very well organized with lots of fun engagement opportunities and has an awesome team that make it all happen!”

**Finlandia Natural Pharmacy Co.** – “Working with the Wellness Show 2020 was an amazing experience. The staff were helpful, kind, and really went the extra mile to make us feel appreciated. We had over 10 vendors and sponsored a stage, so organization was very important to us. From floor plans to set up to post show statistics, we were well taken care of. We look forward to another successful year in 2021!”

**The Greater Vancouver Food Bank** – “Being present at The Wellness Show was such a fun time. We were able to engage and educate a relevant audience about what we do and who we serve. With the array of attendees, we were able to create brand awareness at the event among an audience interested in health and wellness. Our staff and volunteers had a great time, and we would love to take part again in the future.”

**Mindful FUD** – “The Wellness Show was our very first trade show experience and it was incredible! So well organized from start to finish, it made the experience so much easier than I had anticipated which gave me time to really enjoy the weekend! It was such a great opportunity to connect with new and existing customers and really get our product into the hands of our target audience. Definitely attending again next year!”

**BC Golf** – “We thoroughly enjoyed our time at the Vancouver Wellness show. It was an excellent opportunity for us to talk with people about the many health benefits of our sport as well get to be in a room with so many others who share our passion for health, sport, and well-being.”

**Chef Todd, Water St. Café** – “The Wellness show is a high energy program that focuses on living balanced healthy lives, The cooking stage is a great resource to be able to connect with a captive audience and explore nutrition and share ideas.”

**Golden Home Pizza Crusts** – “My company participated in the 2020 Wellness show in Vancouver for the first time. We were showcasing our Golden Home Ultra Thin pizza crusts. We ended up cooking 111 pizza to sample in 2 days! The result of our participation was awesome! The sales in the weeks after were definitely encouraging and we have gained many new customers thanks to this show! See you next year!”

**Canadian Hemochromatosis Society** – “The Canadian Hemochromatosis Society staff and volunteers enjoyed the opportunity to meet the friendly folks attending the Vancouver Wellness Show, and to be amongst people that care about health and wellness.”

**Blue Verbena Skin Care** – “The Wellness Show 2019 staff was amazing. They took care of my needs and questions :) We had so much fun at the show and I must say that the event planner managed the exhibitors excellently! Thank you again for giving us this opportunity. See you next year!”

**Glutenull Bakery** – “It was a great experience and lots of fun! We connected with many interesting people sharing our exciting new keto friendly gluten-free products!”

**Maureen Simon Foods** – “For years, my Company has enjoyed considerable marketing success at the Vancouver Wellness Show for our growing natural food products line. This annual showcase of products from “wellness community” producers and suppliers always is a big hit with attendees in Vancouver. The show’s popularity is a strong reflection of the increasing awareness about the merits of a healthy and fulfilling lifestyle here on the West Coast.”

**Purica** – “A very well run and organized first class show. The event is well attended and the presentations during the event are supported very well through promotion, friendly hosts and helpful staff.”

**Salt Spring Coffee** – “The Wellness Show has been a great place for us to increase brand awareness for Salt Spring Coffee, as well as connect with our existing customers. The show had high, and relevant, traffic. We find that the attendees of the show align with us on our organic and fair trade values.”

**NENA Skincare** – “The 2020 Wellness Show was a highly successful event for our brand and allowed us to reach our target consumers. The organizers were very responsive and helpful.”

**Remedy Kombucha** – “This is probably the best consumer show for our brand and the greatest opportunity to hit our target market! We sampled and gave away over 2100 units to very engaged consumers who were thirsting for knowledge and information on our brand and the category. Hoping we will be asked back again next year”

**Beland Organic Foods** – “This is my best show annually and excellent exposure.”

**Coast Copper** – “I had a great time at the Wellness Show. The show was well organized and well attended. We will be back!”

**Bremner Foods** – “We are always happy to be an exhibitor at the show!”

**Sabai Thai** – “The Wellness Show is a great platform to showcase local brands and provide useful information to consumers. It’s also a great way to meet and greet a niche of locals who are interested in the type of products or services we offer and thus create a meaningful rapport with them.”

**My Matcha Life** – “We had our best show ever, great attendees who were interested and educated, and it was a lot of fun. Many thanks to Jeannette and her team!”

**Simone Lovell** – “This was an incredible experience! I loved being able to showcase my program at the show and have meaningful conversations with people in the audience. Thank you for including me in The Wellness show!! I’ll be back next year for sure”



## From the General Public

"I appreciated the opportunity to try local products, and meet local entrepreneurs." – **VANCOUVER**

"I loved the seminars and demos, and food tasting! (To be) able to be gather again and be at a 'real' show again, and seeing people, was my favourite part. Everyone was very happy and grateful there at the Show." – **NORTH VANCOUVER**

"My favourite part of the Wellness Show was the need to know new nutritious foods to try, also the go macro bars that comes in sunflower maple mmmmm in the swag bags!"

– **VANCOUVER**

"I LIKED trying new vegetarian food options!"

– **VANCOUVER**

"Cooking shows are the best!"

– **NEW WESTMINSTER**

"My favoUrite part of the show was learning more about taking blood pressure from Mark Beaton of Omron (Thermor). As a Regulated Pharmacy Technician it was really beneficial for my job as well."

– **BURNABY**

"I wanted to let you know how much I LOVE the Wellness Show. I live in Alberta and intentionally plan a trip to Vancouver every year at the time of the Wellness Show so that I can attend. Access to the latest health and wellness trends and best practices all under one roof – so fantastic. Where possible I take advantage of the show specials and stock up on product to take home. I always bring a large suitcase! The gift bag at the door is always nice to receive, and the magazines are a good read as I do not have access to them at home. As far as I'm concerned, The Vancouver Wellness Show is one of my favourite ways to vacation. Yummy treats, great health advise from experts in the field, and great deals on products that I would otherwise have not discovered. My mind, my soul, and my belly are edified! Wishing you ongoing success!"

– **CALGARY, AB**

"I have been attending the Wellness show for at least 10 years (I am sure it is more) I have learned so much about health and how to care for my body, mind and soul. Wonderful people like Cathy Graham, have encouraged me to strive to be my very best. I am very grateful. I have set my intention for 2019 to be healthy, strong and happy, as well as continuing to build my late husband's legacy. Thank you so much for the Wellness Show."

– **VANCOUVER**

"The highlight of the show was the Helight session I had. It was very relaxing"

– **LANGLEY**

"My favourite part of the show this year was having some smaller booths and it was a great way to connect more personally and learn about peoples products and services."

– **NORTH VANCOUVER**

"too hard to choose my favourite thing ! There were too many !!!"

– **VANCOUVER**

"Everyone is friendly and I love going every year to learn more about health."

– **PORT COQUITLAM**

"I have been attending the wellness show for I think, at least 10 years. I always put it in my schedule right away, and I always run out of time as I take my time with every booth that interests me. Thank you. It's one of my passions to attend the health show with my friends. Thank you."

– **COQUITLAM**

"I can't remember exactly how many years I've been attending the wellness show now (~5-6 maybe) but I can tell you that I have been hooked since my first one and nothing could keep me from attending. It's my happy place and my absolute favourite event all year!"

– **SURREY**

"YAY! Love the Wellness Show – I've been attending the show since the first year it was organised – 27 years?! Always look forward to the show – and I arrange my schedule around it, especially since you give us so much advance notice of next year's dates. Thank you for all your hard work."

– **BURNABY**

"I love the Wellness show. I've come every year for over 20 years. I have taught Pilates for the past 20 years and before that I exhibited at the Wellness Show twice. So I'd say I've been going for over 22 years. I love it totally. I learn. I buy. I go home happy. Thank you so much for your hard work"

– **VANCOUVER**

"I've been coming to the Wellness Show for over 10 years and enjoying it every year. I attend every cooking demo annually! Keep up the good work."

– **VANCOUVER**

"I have been attending for 15 years. This is THE best."

– **RICHMOND**

"Good healthy choices and reasonably priced items. There were many health meal ideas that I tried at home. There's so much to learn."

– **VANCOUVER**

"Looking forward to next year, always seems to be getting better"

– **COQUITLAM**

"Fantastic show! There seemed to be more of everything. Loved it. Great job folks."

– **VANCOUVER**

"It was a nice way to try out different wellness treatments before committing to buying."

– **NEW WESTMINSTER**

"I love the entire Wellness Show and visit annually. The best show worth waiting for."

– **VANCOUVER**

"Love, love, love all the exhibitors. Thanks."

– **WEST VANCOUVER**

"There was an amazing array of vendors! I loved being able to sample different products and learn about ones I'd never heard of before. I can't wait until next year."

– **RICHMOND**