



## IGNITE YOUR WELLNESS JOURNEY: THE WELLNESS SHOW UNVEILS A HOLISTIC APPROACH

**The annual event returns to Vancouver February 3 & 4, 2024**

**DECEMBER 11, 2023, VANCOUVER, BC / Traditional territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations** - As we approach the dawn of 2024, the spotlight turns to wellness, and what better place to explore the latest trends than at [The Wellness Show](#). Attendees can embark on a holistic journey to health, exploring the interconnected realms of Mind, Body, and Spirit as The Wellness Show returns to the stunning Vancouver Convention Centre on February 3 & 4, 2024.

### **MIND**

This year The Wellness Show welcomes mental health coach Shawna Peters Co. from [Access Consciousness](#) and life coach representatives from [Red Key Coaching](#). Breathwork continues to play an important role in our inner health and attendees can dive into this transformative power with [Meg Pearson Coaching & Breathwork](#).

### **BODY**

Journey within to discover the body's potential. Unearth the secrets of top supplement companies like [AquaOmega](#), [Inner Wellth Supplements](#), [Organika](#), [Purica](#), [Webber Naturals](#) and [Wellness Extract](#).

Discover new services for the body from [Latitude Wellness & Counselling](#), a multidisciplinary wellness clinic. The core of body health begins with our structural network including our nervous system. Chiropractors can assist with balancing these areas. Attendees can learn more from [West 1<sup>st</sup> Chiropractic Wellness](#) and [Jassal Chiropractic](#). For attendees interested in diving deep within our body's health, consider the advancements in colon hydrotherapy by visiting [Maximum Wellness Inc.](#) at the show.

### **SPIRIT**

Our work on our spiritual needs is constantly evolving and each person's needs are different. For those looking for new opportunities to advance their spiritual presence, attendees can learn more about how our space affects the spirit with [Momentum Feng Shui](#). Releasing blocked energy can be discussed with [West Coast Body Talk](#) and Reiki practitioners from [Surrender 2 Wellness](#). Seek out spiritual advancement through more time spent in nature and Learn-to-Camp from [Parks Canada](#).

The Wellness Show opens its doors from 10 am to 6 pm on Saturday, February 3, 2024 and 10 am to 5 pm on Sunday, February 4, 2024.

Nesters Market is the presenting sponsor of The Wellness Show and is sponsored by Thrive Provisions. The Wellness Show takes place at the Vancouver Convention Centre, West Building, 1055 Canada Pl in downtown Vancouver.

Join us as we redefine wellness – because a healthier, more vibrant life awaits you at The Wellness Show! Tickets are on sale now at [thewellnessshow.com](http://thewellnessshow.com). General Admission tickets are \$12.00 (includes GST) and include admission to all seminars, demonstrations and workshops. 15 and Under are Free.

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## **ABOUT THE WELLNESS SHOW**

Developed, marketed, and produced by New Rave Productions, the Wellness Show has grown to be one of the largest consumer shows of its kind in Western Canada. The Wellness Show is over two days and features 200 exhibitors, 50+ speakers, and cooking demonstrations.

## **ABOUT NEW RAVE PRODUCTIONS**

New Rave Productions has produced events for almost 40 years. Founded and led by Jeannette Savard; NRP specializes in outdoor events, conferences and consumer shows. Attention to detail, excellent customer service, and industry relevant expertise – our goal is to create the best event experience for you.

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