



THE WELLNESS SHOW IS A WEEKEND FILLED WITH HEALTH AND WELLNESS EXHIBITORS AND SPEAKERS

Join us at the Vancouver Convention Centre February 3 & 4

JANUARY 25, 2024, VANCOUVER, BC / Traditional territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations – If you missed out on the resolution and goal setting throughout January, there is no better way to springboard your health goals for the year ahead than at the upcoming Wellness Show on February 3 & 4 in Vancouver.

Pickleball BC will be at the event with a Live Demo on a full-sized court featuring demonstration matches, “try it yourself” opportunities, and experts on hand to answer all your questions about pickleball. The Wellness Show includes more than 150+ exhibitors, over 40 speakers on a variety of wellness topics and a cooking stage, all with the goal of helping Vancouverites live their healthiest, best lives. The full list of speakers, exhibitors and demonstrators at the Vancouver Convention Centre has been announced.

COOKING STAGE

Saturday Feb 3, 2024

- 11:00 am - Chef Raghda Hasan, sponsored by Tayybeh
- 12:00 pm – Executive Chef Chris Andraza, sponsored by Lift Bar and Grill
- 1:00 pm - Chef Lisa Ahier, sponsored by SoBo Restaurant
- 2:00 pm – Chef Emillie Parrish, Fermenting for Foodies
- 3:00 pm – Chef Donya Darreh Shouri, sponsored by Seaside Provisions, part of Executive Table Group
- 4:00pm - Chef Maureen Simon, sponsored by Maureen Simon Foods Corp.
- 5:00pm - Chef Iani Markis, sponsored by The Greek by Anatoli

Sunday Feb 4, 2024

- 11:00 am – Holistic Chef Meg Pearson, sponsored by Rebel Soul Health
- 12:00 pm – Chef Cullin David, sponsored by Calabash Bistro
- 1:00 pm – Chef Johann Carter, sponsored by Honey Salt
- 2:00 pm – Chef Maureen, sponsored by Maureen Simon Foods Corp.
- 3:00pm - Chef Harris Sakalis, sponsored by Fairmont Vancouver Airport
- 4:00pm - Chef Maureen Simon, sponsored by Maureen Simon Foods Corp.

LIVING WELL STAGE

Saturday Feb 3, 2024

- 10:15 am - Rebel Soul Health: Mastering the Basics with Meghan Pearson, Women’s Coach & Breathwork Facilitator
- 11:15 am - Using Your DNA to eat right and support weight loss with Dr. Lois Nahirney, CEO dnaPower Inc.
- 12:15 pm - Why do certain magnesium supplements outperform others? with Meaghan Esser, Owner/Managing Director, ITL Health
- 1:15 pm - Revitalize Your Recovery after a car accident: Uncover the Expert

- Path with Janice Low, Physiotherapist and Accident Survivor with Janice Low, Physiotherapist
- 2:15 pm - Invite Positive Vibes into your Home and Life using Classical Feng Shui with Meena Jagpal-Pare, Classical Feng Shui Master/Owner, Momentum Feng Shui
- 3:15pm - Pure Pharmacy
- 4:15 pm - Change Your Water, Change Your Life with Amir Noorpour, Glass of Life
- 5:15 pm - Healthy Brains, Healthy Hearts: The Importance of Fatty Acids throughout our Lifetime with Alma Barranco-Mendoza, PhD., Infogenetica Solutions

Sunday February 4

- 10:15 am - Nurse Next Door: Keeping Seniors at Home with Veronica Tissera, Vice President of Customer Experience, Nurse Next Door
- 11:15 am - The effects of our food choices on the Environment with David Steele, PhD., Earthsave Canada
- 12:15pm - Pure Pharmacy
- 1:15 pm - Working With Wellness with Gilly Thomas
- **2:15 pm - PANEL – Mental Health 101: How to go from surviving to thriving with Dai Manuel, Peter Twist, Simone Lovell, Ras Contractor and Janice Bannister**
- 3:15 pm - How to eat for a healthier and happier brain. with Holly Xing, Director Of Product Development, eightbillion.com
- 4:15pm - Breathing Bliss: Pneuma Breathwork for Healing Negative Emotions with Dr.Alexina Mehta, Pneuma Institute Canada

WOMEN & WELLNESS STAGE

Saturday February 3

- 10:15am - We were all born with the ability to heal ourselves with Mark Lemohr, Your Perfect Healing.com
- 11:15 am - Heal Your Gut with Cheryl Grant, VITALITY
- 12:15 pm - Brain Powered Weight Management with Holly Xing, Director Of Product Development, eightbillion.com
- 1:15 pm - Cracking the code on chronic disease, hormones and methylation through your DNA with Dr. Lois Nahirney
- 2:15 pm - Weight A Minute – Undiet Your Life with Sharlene King, Life Coach, Red Key Coaching
- 3:15 pm - Spiritual Wisdom on Health + Healing with Penny Ketola, Eckankar
- 4:15 pm - Functional Gut Health + Omega 3's with Emma Ford, Clinical Nutritionist, Aqua Omega
- 5:15pm - Come and participate in the oldest form of healing work on earth with Mark Lemohr, Your Perfect Healing.com

Sunday February 4

- 10:15 am - Create your Achievable Plan with Shannon Smith, Shannon Smith Living
- 11:15 am - Resonance and Why it's the Key to Unlocking Your Sonic Superpowers with Narissa Young, Sea of Sound
- 12:15 pm - Cancer Screening Services in BC with Cheryl Colby, BC Cancer
- 1:15 pm - The Huddle: The Sound of Intimate Pleasure with Amy Color, Intimacy Coach
- 2:15 pm - Pain-free Living: A Roadmap to 50-100% Reduction of Pain with Expert Physiotherapist and Home Practices, Janice Low Physiotherapist
- 3:15 pm - Fatty Acids and Mental Health with Alma Barranco-Mendoza, PhD,

- Infogenetica Solutions.
- 4:15pm - Fitness and Wellness Matter with Sandy Reimer, YWCA Health + Fitness Centre

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 will be featuring its Organic Marketplace. The Wellness Show is also proud to announce Thrive Provisions sponsoring the stages and sampling at the Living Well and Women & Wellness Stages. Also new this year, Saje Natural Wellness is sponsoring our Rest and Relaxation lounge sponsor. The 31st Annual Wellness Show takes place at the Vancouver Convention Centre, West Building, Hall A, 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. 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 150+ exhibitors, 40+ 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.

For photos and interviews, please contact:
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