



THE
WELLNESS
SHOW

finding balance

Exhibits, Seminars, Cooking Demos, Prizes & More



February 1 & 2, 2025

The Vancouver Convention Centre

www.thewellnessshow.com

event information 604.983.2794

The Wellness Show is produced by New Rave Productions, Inc. since 1992 | info@thewellnessshow.com



Western Canada's industry leader of health and lifestyle consumer shows, the Wellness Show, celebrates its 32nd year at the Vancouver Convention Centre West, under the sails on February 1st and 2nd, 2025. Meet and greet close to 20,000+ enthusiastic health conscious consumers.

We would like to invite you to be a part of the 32nd annual Wellness Show, the largest health and lifestyles showcase in Western Canada. A proven track record of over 30 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 32nd Annual Wellness Show! Contact Jeannette Savard at 604-983-2794, fax 604-983-2795, or email jsavardnrp@telus.net

Join us in Wellness,
Jeannette Savard, Founder

The Wellness Show since 1992
www.thewellnessshow.com | **February 1st & 2nd, 2025**

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 1st and 2nd, 2025, the Wellness Show celebrates its 32nd year at the Vancouver Convention Centre. 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 and Facebook
- Website Listings with up-to-date schedules and links, E-mail blasts
- Monthly E-Newsletters connecting the show to dedicated attendees
- 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?

- 82% of attendees intend to return
- 78% of attendees identify as female
- 20% of attendees identify as male
- 41% of attendees are 26 – 45
- 49% of attendees are 46 – Over 55

What Do They Want?

- Those who attend want more information on natural options for nutrition and supplements, new and innovative local businesses, healthy food options, interactive booths, thought-provoking 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 1st, 2025 – 10:00 am – 6:00 pm;
- Sunday, February 2nd, 2025 – 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

2 Guys With Knives Abreast in a Boat, Albi Naturals, Altitude Performance & Health, Amazing Grass, Andrea Saliba, Aquavita, Arbonne International, Athletic Therapeutic Pharma, Arthritis Research Foundation, Assn of Clinical Hypnotherapists Canada, Avafina Organics, 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 Landscape Nursery Association, 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 Salmon Marketing Council, Beland Organic Foods, Big Mountain Foods, Bodhi Meditation, Body Energy Club, Body Plus Nutrition, Breathe Right, Bremner Foods, BT Seeds, Buddha Brands, 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, Canprex, Cascades Tissue Group, Central Cariboo Tourism, Chopra Addiction and Wellness Center, City of Vancouver, Clef des Champs, Colgan Institute, Co-op Auto Network, College of Massage Therapists, Core Potentials Training Inc., Country Golden Yolks, Curves, Counsellor Training Institute, Cutco Cutlery, Dan-D Foods Ltd., Danone Canada, David's Tea, Detzler Chiropractic, Dietitians of Canada, Dive BC, Divine Specialty Tea Co., doTERRA, Dream Designs, Druide Laboratories, DuBrule Hair Restoration Center, Earthbound Farms, Earth Save Canada, Eatmore Sprouts & Greens, Elevate Me, Elixir Herbal, EMF Safe Homes, EnerChanges Optimal Aging Clinic, Epicure Selections, Essence Yoga Products, Escents Aromatherapy, Evolution Laser Pain Centres, Expert Hearing Solutions, Family Services of Vancouver, Family Wellness Chiropractor, Farming Karma Fruit Company, Finlandia Natural Pharmacy & Health Centre, Firma Energy Wear, Fitness Essentials Personal Training, Flaman Fitness, Flora Manufacturing, Foot Solutions, Fresh Prep Foods, Fresh –N Home Products, Gaia Garden Apothecary, Gelderman Farms, Genuine Health, Giddy Yoyo Chocolate, Gluten Fakers, Good Life Fitness, GoJoy, Greater Vancouver Food Bank, Green Earth Organics, Green Peace Canada, GreenWorks, Gymnastics BC, Harmonic Arts Dispensary Inc., Happi Foods, Happy Planet, Harmless Harvest, Haute Foods, Hear at Home Mobile Hearing Clinic, Health Action Networks, HealthLink BC, Healthy Home Inspections, Hearing Life Canada Ltd., Heart & Stroke Foundation, Herbasante, Hidden Highlands Ranch, Hills Health Ranch, In Touch Chiropractic Services, Jamieson Laboratories, Jassal Chiropractic Services, Juice Plus Tower Garden, Kidd Brothers, KNIX, Kingfisher Oceanside Resort, Langara College, Laser Body Therapy, Lavigne Natural Skincare, Le Kiu Importing Co.Ltd., Liberté Yogurt, Life Choice Naturals, Macdonalds Prescriptions Ltd., Manitoba Harvest, Massage Therapists Assn., Medisafe Distribution Inc., Milano Coffee, Mind Care Centres, Mobi by Rogers, Mount St. Joseph Hospital, Mountain Sky Soaps, Mushrooms Canada, MS Society of Canada, My Matcha Life, Naetal Skincare, 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, Nutrisoy, Nuts for Cheese, Ocean Deli, Ojas Enterprises, Omega Alpha, Organika Health Products, Organon Bio-Sciences, Osteoporosis Centre, Outward Bound, Pacific Blue Cross, Paris EveryBODY, Paris Orthotics, Parks Canada, Parmalat Canada, Paume, Pear Bureau USA, Physical Medical Research, Physiotherapy Association of BC, Pickleball BC, Prairie Naturals, Pure Integrative Pharmacy, Purica Health, Pulsed Energy Distributors, Purica, Quejos, Reflexology Assn. of BC, Rhodes College, Rogers Foods Ltd., Royal Herbs, Safe Spa, Sahana Ayurvedic, Saje Natural Wellness, Salt Springs Spa Resort, Saputo, Santevia Water Systems, Save da Sea, Scandinave Spa Whistler, Schneider's Oh Nature!, She's Fit, Shiatsu Therapy Assn of BC, siggi's, Speech and Hearing BC, Soladey Canada, SolarusSaunas, Songlines Health Products, Sonray Sales, Spa at ChateauWhistler, St. John's Ambulance, StoneyField Farms, Stop and Fill Zero Waste Solutions Inc., Success Tracs, Sunny Boy Foods, Survival Moss, Synergy Physiotherapy, Swiss Bionics, Swiss Medica, T. Kilian 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, Thrive Provisions, The YWCA Health + Fitness, Transe-Herbe Inc., Trophic Canada, Tuktu Care, Tuscan Farm Gardens, Traditional Medicinals, truMedic, Twist Conditioning, Ultimate Creations, Unilever Canada, Vancouver Honeybees, VITALITY, Vitamix, Vossity Beauty, West 1st Chiropractic Wellness Centre, Westminster House Society, Whisk Matcha, Wild Mountain Chocolate, Winning Combination, YMCA of Greater Vancouver, YumaSoy Foods Ltd. Zen Organics, Yummy Bear, Zero Xenon.



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 2024 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 12 high energy cooking seminars from highly renowned Vancouver chefs and award-winning cookbook authors, all sharing their favorite recipes and demonstrating how to integrate healthy cooking options into everyday meals. Thank you to our segment product sponsors, Maison Orphée, BC Mushrooms, Go Wild BC Salmon, Eatmore Sprouts and Greens, and especially to our title sponsor Nesters Market, who generously extended their support in kind with top local and regional product.



Living Well Seminar Stage

The Living Well Seminar Stage was often seen packed to the brim with attendees spilling into the aisles to catch the 15 various seminars featured over the course of the weekend, three of those being panels inciting thoughtful conversation on a variety of topics. Dai Manuel compiled a panel on Mental Health, and Pure Pharmacy covered topics ranging from the Save Our Supplements campaign to Womens Health. Seminars ranged in topics from Feng Shui, to the effect of our food choices on the environment, to mastering the basics of life with Rebel Soul Health.





Women & Wellness Seminar Stage

The Women & Wellness stage offered 14 seminars from the best in their fields on a wide range of topics. We saw a few familiar faces, one of them being Dr. Lois Nahirney from dnaPower Inc., who shared her knowledge on cracking the code on chronic disease, hormones, and methylation through DNA. New to Women & Wellness stage, we saw Mark Lemohr from YourPerfectHealing sharing all he knows about the art of healing, Holly Xing from eightbillion.com who focused on sustainable weight management, and BC Cancer's Cheryl Colby who told us all there is to know about cancer screening services in BC. The assortment in topics kept attendees wanting to return back throughout the day to learn more!



The Kids Zone

Sponsored by Parks Canada's Learn-To-Camp initiative, the Kids Zone was a must-stop for the younger Wellness Show attendees (and those who are young at heart!) who showed great enthusiasm as they played life-sized snakes and ladders, spikeball, cornhole, and learned more

The Rest and Relaxation Lounge

Attendees were able to enjoy a moment of rest and relaxation from the hustle and bustle of the show at our Relax and Recharge lounge. Here, guests were welcome to take a deep breath as they experienced the calming effects of our lounge activity sponsor, Saje Natural Wellness'



various essential oils, infused body products, and learned more about their diffusers. Beholden Event Design sponsored the furniture for the space, designing a relaxation oasis for guests to sit and relax as they chatted with friends, observed the action on the show floor, and decided which aisle they were going to venture down next!

Pickleball BC's Pickleball Court

Pickleball BC put on a full-sized Pickleball court where they not only demonstrated the sport with professional matches, but also invited attendees to try the sport for themselves!



NESTERS MARKET Organic Marketplace

As the proud presenting sponsor of The Wellness Show, the Nesters Market Organic Marketplace area highlighted some of the quality organic and natural products carried in their Nesters stores, with lots of free samples and Vendors present to answer questions. Attendees stopped by to say hello to Nesters Market Store Managers and Team Members, enjoyed a delicious organic apple from the Produce Department, and learned more about Nesters various locations, what they do, and why they do it!

Have an Idea for 2025?

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

Arbonne – We love exhibiting at The Wellness Show and have been doing so for many years now. [It is] One of our favourite events. The attendees really care out about wellness - they are curious, engaging and interested in learning new things. The energy is high and the vibe is terrific."

Latitude Wellness – "Our debut at the Wellness Show was a memorable experience. As part of the health and wellness community, we were lucky to be positioned next to the nurses union. Their exceptional team not only supported our business but also provided invaluable assistance to attendees. The event was well organized, drawing a diverse crowd from across the lower mainland. Additionally, we had the opportunity to network with numerous other vendors, establishing connections we look forward to exploring further in the future. On behalf of Latitude Wellness, we extend our deepest gratitude to everyone involved for making this experience so enriching and positive."

Henry's Tempeh – We introduced countless newcomers to tempeh, sampling all weekend and selling out on Day 1! So much enthusiasm from attendees eager to explore nutritious fermented and plant-based food options. We're thrilled to return [in 2025] with even more to share!

The Greater Vancouver Food Bank – "Thank you for supporting the Greater Vancouver Food Bank. Events like yours help us continue to support our community with healthy food for our neighbours in need. My team leads collected \$180, and 431lbs of food donations, onsite at the event [this year]!"

Thrive Provisions – "This [2024] was our first consumer show in Vancouver and we were very impressed with the organization, and the enthusiasm of the volunteers. We got amazing feedback from the attendees. The benefits of raising our brand awareness with consumers increased our sales in Vancouver and the 2000 samples we gave in the VIP bags, garnered great reviews on Instagram and on Facebook. It was exceptionally busy for both days!"

AK Japan Shop – "Being at The Wellness Show was a truly remarkable experience for us as exhibitors. We had an amazing turnout showcasing our product, the Japanese Konjac sponge, a traditional natural skincare item from Japan. The atmosphere was fantastic, and our booth was busy with visitors. The event was a game-changer, and we are very thankful. We will definitely be back for 2025. Can't wait!"

Cananeas Boutique – "A big THANK YOU for a great show! It was really amazing and I am looking forward to attending your [2024] event!"

Moong Pani – "Thank you Vancouver for welcoming us from Toronto to our first show in Vancouver. It was heartwarming and very rewarding for us when visitors tell us that they are looking for healthy new innovative products! Clearly the Vancouver Wellness communities are on the lookout for healthy new food options that are not always another power bar or a tea! Thank you for loving Moong Pani."

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!"

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."

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"

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

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."



From the General Public

"I have to say, I really enjoyed the exhibitors [at the 2024 show] and the knowledge that they had behind them regarding health and wellness. I really, really got a lot of takeaways from [attending] this and I'm so glad I came." – **BURNABY**

"It was great being able to talk to vendors, to try out new products, and to find out about all of the ways I can better my daily lifestyle!" – **SIDNEY**

"There was great variety in activities this year from Saje in the lounge, to Pickleball, to the stages and of course the exhibitors. We had lots of opportunities to have engaging samples and to try many, many delicious samples." – **VANCOUVER**

"The Pickleball court was so unique! We tried Pickleball for the first time and had a blast. Great to be able to move your body, and it's something new and different to do to break up the day." – **VANCOUVER**

"I loved getting to try all the new and innovative products that I see in my local grocery stores! Now that I've given them a try, I can go back and purchase the things that made my list." – **VANCOUVER**

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

"We've been coming to the show for years. I always like to see what's new in health care, healing possibilities through new tech items or different methods. All the new professionals with new ideas or methods to promote healing. Great work!" – **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**

"I LIKED trying new vegetarian food options!" – **VANCOUVER**

"Cooking shows are the best!" – **NEW WESTMINSTER**

"My favoUrte 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 advice 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**

"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 people's products and services." – **NORTH VANCOUVER**

"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 have been attending for 15 years. This is THE best." – **RICHMOND**

"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**