



THE WELLNESS SHOW

finding balance



January 31 & February 1, 2026

Vancouver Convention Centre

event information 403.971.3227 | info@thewellnessshow.com



www.thewellnessshow.com



Western Canada's industry leader of health and lifestyle consumer shows, The Wellness Show, celebrates its 33 year at the Vancouver Convention Centre West, on January 31 and February 1, 2026. Meet 12,000+ attendees who are actively seeking information and education on health and wellness, creating an ideal platform to promote your products and services.

With a proven track record of 32 successful years, The Wellness Show offers strong brand position, excellent exposure and a great return on your investment. Come celebrate wellness, healthy lifestyle choices and living options with like-minded businesses.

Book early to reserve your space, and/or discuss sponsorship, and be part of an ever-growing tradition.

Contact our team by phone at 403.971-3227 or by email at info@thewellnessshow.com

Join us in Wellness,
Wes Scott

The Wellness Show is produced by EventWorx Corporation
www.thewellnessshow.com | **January 31 & February 1, 2026**

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

January 31 and February 1, 2026 The Wellness Show celebrates its 33 year at the Vancouver Convention Centre, Hall A West Building. With its easy access, the Centre is an ideal location for the event.

Saturday, January 31st, 2026 – 10:00 am – 6:00 pm;
Sunday, February 1st, 2026 – 10:00 am – 5:00 pm.

The Public Is Informed About The Wellness Show Through:

- Social Marketing including Instagram and Facebook
- Radio & Newspaper Promotions
- Website listings with up-to-date schedules and links
- Monthly Newsletter to 5,000 + Subscribers
- Co-Op Advertising
- Exhibitor Product Distribution to Influencers
- E-Mail Blasts
- Print Advertising: transit ads, newspapers and trade magazines
- News Releases

Who Attends The Show?

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

What Are Their Interests?

- Natural Options for Nutrition
- Natural Supplements
- Natural Skin Care
- Thought-Provoking Seminars
- Healthy Food Options
- Yoga and Meditation
- Pet Health
- Family Wellness
- Business Innovation



EXHIBITORS

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

Nutrition

Manufacturers and distributors of food, snacks, sauces and condiments, in the organic, non-GMO, vegetarian, plant based products, high-protein and gluten-free categories. Health food stores. Suppliers of healthy beverages, including waters, juices, coffees and teas and more.

Traditional & Complementary Health

Providers of massage therapy, acupuncture, aromatherapy, ayurvedic medicine, shiatsu, homeopathy, chiropractic and naturopathic services, traditional medicine, energy healing, botanicals, counselling, stress reduction, spa treatments and spa destinations. Health services, products and resources and more.

Active Living, Recreation & Fitness

Providers of fitness equipment, sport and recreation apparel, lifestyle enhancement services, products and services, sporting organizations, fitness and activity clubs, trainers, fitness-related travel and more.

Natural Beauty, Anti-Ageing

Providers of organic skin and hair care products, collagen products, cosmeceuticals, esthetic services, natural hair products, salons, dental alternatives, non-surgical body-improvement options and more.

Home Health & Green Living

Providers of products and services promoting healthy homes including biodegradable products, water filters, heating options, air purifiers, bedding and linens and more.

Pet Health

Providers of pet food, supplements, allergy solutions, grooming solutions and complementary health therapies and more.

Our Recent Exhibitors

2 Guys With Knives, AK Japan Imports, Altitude Performance & Health, Aquavita, Arbonne, Arthritis Research Foundation, ATP Lab, Avalon Rose Botanicals, Acumamas Wellness, Advanced Women's Health, Ajooni Wellness, Ayurveda Vancouver, Baffin Wellness, Bagoplant, Bare Cravings, BC Association of Clinical Counsellors, BC Association of Homeopaths, BC Cancer, BC Chicken Marketing Board, BC Cranberry Marketing Commission, BC Nurses Union, BC Therapeutic Touch Network Society, BC Salmon Marketing Council, Bear Essential Oils, Béland Organic Foods, Belgard Kitchen, Big Mountain Foods, Bloo Pharmaceutica, Blue Nile Essential Oils, Body Energy Club, Body Plus Nutritional Products, Breathe Right, BrokerLink, Buddha Brands, Canadian Blood Services, Canadian Organic Spice & Herb Co., Cananeas Boutique, Canadian Health Network, CanPrev Natural Health, Casalinga Food Services, Cascades Tissue Group, CDN ElderCare, Chiron Acutherapeutics, Chopra Addiction and Wellness Center, Clear Complexions, Clef des Champs, Connect Hearing, Country Golden Yolks, Curves International, Cutco Cutlery, Dan-D Foods, Danone, David's Tea, Dharma Star, Diabetes Canada, Diet Redefined, Dietitians of Canada, Druide Laboratories, Earthbound Farm, Easy Treats Chocolates, Eckankar, Edward Jones, Elixir Herbs, EnerChanges Optimal Aging Clinic, Epicure, Escentis Aromatherapy, Essence Naturals, Essential Toothpaste, Evolution Wellness Centres, Fairmont Chateau Whistler, Family Wellness Chiropractor, Farming Karma Fruit Co., Finlandia Pharmacy and Natural Health Centre, Flaman Fitness, Flora Health, Flourishing Holistic Health, Foot Solutions, Fresh Prep, FrexyFit, Fromagerie L'Ancetre Cheese Factory, Gambling Support BC, Genuine Health, Georgia Healthcare Centre, Gladstone Sauce, Glass of Life Health, Glutenull, Golden Light Spa Boutique, GoodLife Fitness Centres, The Green Bed Store, Green Earth Organics, Gymnastics BC, Happy Planet Foods, Harmless Harvest, Haute Foods, Hear at Home Mobile Hearing Clinic, Heart & Stroke Foundation of Canada, HealthLink BC, HearingLife Canada, Heartfulness Institute, Helixx Foods, Henry's Tempeh, Herband Naturals, Herbasanté, Hidden Highlands Ranch, How to Find Your Soul, Ideally Beverages, Indian Pantry, Infusion Premium Foods, Institute of Holistic Nutrition, Jamieson Laboratories, Janice Low Physiotherapy, Jassal Chiropractic, Kidd Bros. Honey, Kingfisher Pacific Resort & Spa, Kivo Light Therapy, Kizuna Sauces, Knix, Langara College, Lavigne Natural Skincare, LeafFilter, Liberté Yogurt, Life Choice, Lifespan Medical, LifeWave, Liva Foods, Luminary Integrative Health, Macdonald's Prescriptions & Medical Supplies, Maison Riviera, Manitoba Harvest, Maureen Simon Foods, Medisafe, Me's Marketplace by Anh and Chi, Migraine Canada, Milano Coffee, Mindful FUD, Mobi by Rogers, Mom & Daughter Crystals, Moonshine Mamas, Mountain Sky Soap, Mushroom Envy, Mushrooms Canada, My Matcha Life, Mycelium, Myriam Elias Hypnotherapy, Naked Natural Foods, Nature's Design Dental, Nature's Path Foods, Neem Research, Neo Naturelle Cosmetics, Nesters Market, Nikoniko Home Care, North Coast Naturals, Norwex Home, Nuez Acres, Nurse Next Door, Nutri Haven, Omega Alpha Pharmaceuticals, Oomé Smoked Tofu, Organika Health Products, Organon, Our Little Green Earth, Pacific Gold Beverage, Paris everyBODY Custom Orthotics, Pacific Blue Cross, Parks Canada, Parsa Wellness Clinic, Pear Bureau Northwest, Physiotherapy Association of BC, Pickleball BC, Planet Mushrooms, Plexus, Prairie Naturals, Psychotherapy For You, Pure Integrative Pharmacy, Purica, Quejos Ancient Foods, Rainbow Cleaning Systems, Redfeather Natural Products, Reflexology Assn. of BC, Rogers Foods, Ross Chocolates, Royal Herbs, Sahaja Yoga Meditation Centre, Saje Natural Wellness, Sansorium Alcohol-Free Drinks, Santevia Water Systems, Sapling Financial Planning & Wellness, Save Da Sea Foods, Scentuals Natural & Organic Skin Care, Saputo, Schneider's Oh Nature!, Sea of Sound, Seniors Helpers, Simply Beautiful Skincare, Skipper Otto, Slenderiz, Spectrum Energy Therapies, Shannon Smith Living, Share International Foundation, She's Fit, Sigg's Icelandic Yogurt, Soladey Canada, Sunny Boy Foods, Survival Moss, Swiss Bionic Solutions, Symbolic Marketing, T-Zone Health, Taoist Tai Chi Society, Terra Breads, The Hills Health Ranch, Titanium Exclusive Cookware, Traditional Medicinals, Transform Me, Trans-Herb E, Triple G Tribe Ecosystems, Tropic, TumbleTown Movement Education Centre, Unilever, Universal Art Expressions, Vancouver College of Counsellor Training, VedaPulse, Vitality Products, Vitamix, Viva Health Products, Vumami Foods, Wellness Extract, West 1st Chiropractic Wellness Centre, Wholistic Osteopathy & Wellness, Working With Wellness, Your Perfect Healing, YWCA, and more...



Our Features

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.



Celebrity Cooking Stage

The Celebrity Cooking Stage features 12 high-energy cooking seminars by well-known chef and award-winning cookbook authors. All share new recipes and show how to integrate healthy options into everyday meals.



The Living Well Seminars

The Living Well Seminars are packed to the aisles with visitors catching the 14 seminars offered over the week-end. Speakers, or panels of speakers, address a myriad of thought provoking issue and topics.



The Women and Wellness Seminar Series

14 seminars dedicated to women's health and lifestyle options. Topics ranging from stress management, relaxation, self care, menopause to name a few.



The Zen Fitness Stage

At the Zen Fitness Stage, visitors are free to work out along with professional trainers, dancers and yogis.



The Kids Zone

Kids enjoy the show as much as their parents, through our all-day children's activities.



The Rest and Relaxation Lounge

A place for Wellness Show guests to take a break, catch up with friends, and watch the show, and decide what to do next.




**Got an Idea
for 2026?**

**Would you like to
Sponsor a Feature?**

Just Ask.





What Our Exhibitors Say

Arbonne: "We love exhibiting at The Wellness Show—it's one of our favourite events. The attendees really care about wellness; they are curious, engaged and interested in learning new things. The energy is high and the vibe is terrific."

Henry's Tempeh: "We've introduced countless newcomers to tempeh, sampling all weekend and selling out on Day 1! So much enthusiasm...we're thrilled to return with even more to share!"

Latitude Wellness: "Our debut at the Wellness Show was a memorable experience. We were lucky to be next to the Nurses' Union. Their exceptional team supported us and provided invaluable assistance to attendees. The event was well organized, drawing a diverse crowd from across the Lower Mainland. We networked with other vendors, establishing connections we look forward to exploring in the future. We extend our deepest gratitude to everyone involved for making this experience so enriching and positive."

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 is always 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."

Thrive Provisions: "The 2024 show 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 Facebook. It was exceptionally busy for both days!"

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 next year."

Glutenull Bakery: "The Wellness Show was a great experience and lots of fun! We connected with many interesting people sharing our exciting new keto-friendly gluten-free products!"

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."

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."

AK Japan: "Being at The Wellness Show was a truly remarkable experience. We had an amazing turnout for our product, the Japanese Konjac sponge. 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."

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 as to be in a room with so many others who share our passion for health, sport, and well-being."

Chef Todd Bright, Water Street Cafe: "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."

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."

Remedy Kombucha: "This is the best consumer show for our brand and the greatest opportunity to hit our target market. We sampled over 2100 units to very engaged consumers who were thirsty for knowledge and information on our brand and the category. Hoping we will be asked back again next year"



What Our Visitors Say

"I really enjoyed the exhibitors and the knowledge that they had behind them regarding health and wellness. I got a lot of takeaways and I'm so glad I came."

– **BV, Burnaby**

"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 conversations and to try many, many delicious samples."

– **NR, 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."

– **CM, 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!"

– **FL, Vancouver**

"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. I love it totally. I learn. I buy. I go home happy. Thank you so much for your hard work."

– **BH, Vancouver**

"I can't remember how many years I've been attending the Wellness Show but 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!"

– **LR, Surrey**

"I wanted to let you know how much I love the Wellness Show. I live in Alberta and plan a trip to Vancouver every year so I can attend. Access to the latest health and wellness trends and best practices all under one roof – so fantastic. I take advantage of the show specials and stock up on product to take home. The Vancouver Wellness Show is one of my favourite ways to vacation. Yummy treats, great health advice from experts, 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."

– **MP, Calgary**

"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 next year 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."

– **RF, Vancouver**

"It was great being able to talk to vendors, to try out new products, and find out about all of the ways I can better my daily lifestyle." – **CL, Sidney** "Love the Wellness Show. I've been attending the show since the first year it was organised. I always look forward to the show and I arrange my schedule around it. Thank you for all your hard work."

– **WO, Burnaby**

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

– **CS, Vancouver**

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

– **WS, West Vancouver**

