

Admission

Ticket Prices

General Admission*	14.50
Seniors 65+ / Students with valid ID*	12.50
Children (12 and under free)*	FREE
Two Day Pass*	20.00

CASH ONLY AT THE DOOR. Not valid with any other ticket promotion.

DISCOUNT TICKETS AVAILABLE ONLINE*

PayPal at www.thewellnessshow.com/tickets

GROUP TICKET/CORPORATE GIFT PACKS

Call the show office to book 604-983-2794

*All prices include GST. All seminars, demos and workshops are included in the price of admission.



Hours

Saturday, February 17, 2018

10 am to 7 pm

Sunday, February 18, 2018

10 am to 6 pm

Location | Parking

Vancouver Convention Centre, East Building, Exhibit Halls B & C

999 Canada Place Vancouver BC

www.vancouverconventioncentre.com



THE
WELLNESS
SHOW

"All your healthy lifestyle needs for body,
mind + spirit under one roof"



Thank you to our 2018 sponsors.

Organic Marketplace Sponsored by:



Presenting Lounge Sponsor – Traditional Medicinals;
Furniture Provided by The Teak Tree:



Presenting Sponsor of
The Bodhi Meditation Garden:



BODHI MEDITATION

Media Sponsors:



www.thewellnessshow.com

event information 604.983.2794



THE
WELLNESS
SHOW

finding balance

"All your healthy lifestyle needs for body,
mind + spirit under one roof"



2 days
only!

February 17 & 18, 2018

Vancouver Convention Centre, East Building, Exhibit Halls B & C

Exhibits, Seminars, Cooking Demos, Prizes & New Features

www.thewellnessshow.com

event information 604.983.2794

Helping You Find Balance

Welcome to the 2018 Wellness Show... helping you be the best that you can be!

The Nesters Market Organic Marketplace

The Nesters Market Organic Marketplace highlights quality organic and natural products and offers free samples of some of the delicious healthy foods found at Nesters Markets 14 stores.

The Celebrity Cooking Stage

Watch as celebrity chefs and award-winning cookbook authors share their healthy recipes made with BC's best and most sustainable ingredients. Afterwards, sample their creations and see why Vancouver is considered the best food city in Canada.

Women's Power Panel – February 18th, 2:00 pm

Join Tosca Reno (best selling author & health expert), Lori Joyce (CEO at Betterwith Foods), and Aeryon Ashlie (fitness expert & coach) for the Women Empowering Women Panel sponsored by Fresh Magazine.

Special Features for 2018!

Table Tennis Anyone?

Table Tennis is an Olympic sport, and the second most popular racquet sport in the world. Experience the physical and mental benefits of Table Tennis and try it out for yourself at The Wellness Show. There will be 4 regular tables, one junior table, and one mini table for the little ones, as well as professional players and coaches to teach you more about the sport!

Traditional Medicinals Lounge

Presenting Lounge Sponsor – Traditional Medicinals;

Furniture Provided by The Teak Tree

Enjoy a cup of hot, healthy, Traditional Medicinals tea in our cozy custom-designed lounge featuring The Teak Tree furniture.

Bodhi Meditation Garden

Visit this quiet oasis in the middle of the show and experience the many forms of meditation taught by Bodhi Meditation.

Don't miss a thing. Visit www.thewellnessshow.com for a full list of everything awesome to see and do at the show.



Enter to win!

All included in your price of admission

Grand Prizes



Brentwood Bay Resort & Spa – Three Night Accommodation For Two



Painted Boat Resort Spa & Marina – Two Night For Two! West Coast Chic Package



Sparkling Hill Resort & Spa – Two Night Introductory Health & Wellness Package



Float House – Two, 1 year Memberships



Stage Prizes

Celebrity Cooking Stage - Spain Gourmet Gift Basket



Healthy Families Stage - Single Body Health Scan from AIM Medical Imaging



Living Well Stage - MassageTherapy Package from VCMT



Women & Wellness Stage - EnerChanges Health Clinic Gift Package



Zen Fitness Stage - Firma Energywear Apparel Gift Pack!

Plus, Wellness Show Swag Bags, seminar prizes and so much more!

Seminar Prizes

Cookbooks, restaurant gift cards, goodie bags and more available to be won at individual seminars.

Plus, Wellness Show Swag Bags!



2018 Exhibitors List

📍 exhibitors offering special show prices on products and services

a Healthy Life Shop
A1 Footware & Wellness (DoTerra)
Aeryon Ashlie Fitness
Aim Medical Imaging
Amai Vegan Treats 📍
Amanr Bee Pure Apitherapy
Arbonne 📍
Assured Natural Distribution/Sea-licious 📍
Aurora Cannabis
Back2Motion
Be the Change
Betterwith Foods Inc.
BC Association of Speech Language Pathologists & Audiologists
BC Buzz Honey 📍
BC Nurses' Union
BC Responsible & Problem Gambling Program
Beland Organic Foods 📍
BEMER Physical Vascular Therapy - Incite Wellness 📍
Bob's Red Mill
Bodhi Meditation Group
Body Energy Club
Brad Pattison Pet Wellness
Bremner Foods Ltd 📍
Brew Dr. Kombucha
Cadence-Life Celebration & Planning
Califia Farms
Canada Bread
Canadian Association of Occupation Therapists - BC Chapter
Canadian College of Shiatsu Therapy
Centurion Systems Inc. 📍
Chopra Addiction and Wellness Center
Christian Science Reading Room
Common Ground Magazine
Conscious Collective
Core Potentials Academy Ltd. 📍
Crafts of Tibet 📍

Crystal Hearing Centre (Hear Canada)
DanoneWave
Datzchem Inc. 📍
DNA Life Coaching
DZT Vibe Spa Whole Body Vibration Fitness 📍
Earthbound Farm
Eat Your Cake 📍
ECKANKAR Path to Spiritual Freedom
Ellie Bianca 📍
EnerChanges 📍
Epsomgel Solutions Canada 📍
Farend Natural Products Ltd 📍
Firma Energywear and TAB Custom 📍
Float House 📍
Flora 📍
Four O'Clock - TransHerb Inc
FreeYumm
Fresh Magazine
Fresh Prep 📍
Fresh Start/OxyLift 📍
Fromagerie L'ancetre Cheese Factory 📍
Gab Innovations 📍
Garden of Life Canada 📍
General Mills Canada
Genuine Health 📍
Giddy Yoyo 📍
Good Life Fitness
Ground Up Enterprises 📍
Hanes Hummus 📍
Health Canada
Hempress Skincare 📍
Herbaland 📍
High Vibes Apothecary 📍
Horizon Distributors
In Touch Chiropractic
Institute of Holistic Nutrition, The - Vancouver Campus
Integrative Health Coaching 📍

J Massage Tools (Massagers) 📍
Jassal Chiropractor
Juice Plus + Tower Garden
Jouviance
Kashi
Kellogg Canada Inc
Keto Munch Foods 📍
KORNA Natural Pet Supplies Ltd. 📍
Kwantlen Polytechnic
Laiki Crackers
Land ART/Supplements Aromatik Inc
Langara College
Laura Gibson 📍
Lavigne Natural Skincare 📍
Lorna Vanderhaeghe Health Solution 📍
Mandala Blooms Creative
Maureen's Natural Foods
Miracle-Ear Canada
Modere
Monat Global
Mushrooms Canada
My Matcha Life 📍
Naka Sales
Naked Coconuts 📍
Nanton
Natural Assembly Ltd (Blue Monkey)
Neil Squire Society
Nerium International
Nesters Market
New Agora
North Shore Table Tennis Club
Northshore Naturopathic Clinic 📍
Norwex 📍
Nu Skin 📍
Nurture and Nourish Health Coaching
Nutiva
Nutripur 📍

OmBase Meditation Benches 📍
Omega Alpha Inc. 📍
One Thing Locketts (Setareh Bateni) 📍
Orange Theory Fitness
Original Energy Sales Inc. 📍
Paris Orthotics 📍
Patience Fruit & Co 📍
Perfect Health Consulting Services - Kirsten Harper
Plexus Worldwide
Prairie Doctor Brand
Prairie Naturals 📍
Pruvit 📍
Pulse Kitchen 📍
Purica 📍
Quejos Ancient Foods Inc. 📍
Recycling Council of BC
Red Crown Pomegranate Juice (AEA Foods Ltd)
Reflexology Association of BC
Reset Bioresearch Inc. 📍
RISE Kombucha 📍
Sacred Gemstone 📍
Salt Spring Coffee
Saputo Dairy Products Canada
Scentimental Creations 📍
Seafloa Skincare Inc.
Senegence
Serge Mazerand Music Productions
Shield Your Body
Societe de developpement economique de la Columbie-Britannique
SOS My Space Professional Organizing Solutions 📍
Soul Full Solutions, Inc. 📍
Soul Mind Body Centre
Spain Gourmet Canada 📍
Spirality of Life Trading Ltd. 📍
SPREAD'EM KITCHEN
Suede Hills Organic Farm
SunLife Financial

SunRype
SURO
Swerve Sweetener
Tara Canada
Tempea Natural Foods Ltd 📍
Thai Roots Trading Corp 📍
The Beauty Control Group
The Brentwood Bay Resort & Spa
The Green Moustache
The Relaxation Hut 📍
Thermomix
Three Farmers 📍
Traditional Medicinals
Training in Power TM Academy 📍
Truehope Canada 📍
truMedic 📍
Ultimate Creations/Infinite Aloe
VanCity Life Coach 📍
Vancouver College of Massage Therapy
Vancouver Island Compassion Dogs Society 📍
Vancouver Pediatric & Family Wellness Chiropractor
Vasayo
Vega
Victoria's Health 📍
Vista Magazine
Vitality 📍
VitaPro 21/F.I.L.E.S.
Vitasave.ca 📍
Webber Naturals (WN Pharmaceuticals, Factors Group)
West 1st Chiropractic Wellness Centre
Westminster House Treatment Center for Women 📍
Wholly Veggie 📍
WichDOC
Wild Mountain Chocolate 📍
You In Focus Products 📍
Young Living Essential Oils
Zajac Ranch for Children

2018 Stage Information

Please visit www.thewellnessshow.com for complete descriptions and live updates

Celebrity Cooking

Thank you to our product sponsors Nesters Market and Mushrooms Canada

► Saturday February 17, 2018

- 12:00 PM Chef Maureen Simon.** *Sponsored by: Nesters Market*
- 1:00 PM Chef Hidekazu Tojo, Executive Chef/Owner, Tojo's Restaurant.** *Sponsored by: Oceanfood Sales Ltd.*
- 2:30 PM Chef Sam Fabbro, Executive Chef, El Santo.** *Sponsored by: El Santo Restaurant*
- 4:30 PM Chef Danilo Ibarra, Executive Chef - American Grille - YVR Marriot.** *Spanish Style Garlic Prawns and Albacore Tuna Ceviche. Sponsored by: American Grille Restaurant - YVR Marriot*
- 5:30 PM Rebecca Coleman, Author & Food Blogger.** *Sponsored by: Rebecca Coleman - Cooking by Laptop*

► Sunday February 18, 2018

- 11:00 AM Chef Daryle Nagata, Executive Chef - Blue Canoe Restaurant.** *Sponsored by: Blue Canoe Restaurant Steveston*
- 12:00 PM Chef Kayla Dhaliwall, Executive Chef.** *Sponsored by: Hook Restaurant*
- 1:00 PM Chef Phil Scarfone, Executive Chef - Nightingale Restaurant.** *Sponsored by: Nightingale Restaurant - Hawksworth Restaurants*
- 2:00 PM Chef Josh Gonneau, Head Chef de Cuisine – Cibo Trattoria.** *Sponsored by: Cibo Trattoria*
- 3:00 PM Chef Grace-Siriwan, Executive Chef/Owner, Simply Thai.** *Sponsored by: Simply Thai Restaurant*
- 4:00 PM Chef Robert Clarke, Head Chef - The Arbor Restaurant.** *Sponsored by: Arbor Restaurant*
- 5:00 PM Chef Shelome Bouvette, Owner/Executive Chef - Chicha Restaurant.** *Sponsored by: Chicha Restaurant*

Healthy Families

► Saturday February 17, 2018

- 11:00 AM Opioids - What you need to know about Use, Abuse, Addiction and Treatment** with Nirmala Raniga, Founder, Chopra Addiction & Wellness Center. *Sponsored by: Chopra Addiction & Wellness Center*
- 12:00 PM Achieving Mental and Hormonal Wellbeing - Embrace your journey to health** with Celeste Stephan. *Sponsored by: Truehope*
- 1:00 PM Family-Friendly Immune Support** with Angela Wright, RNCP, BSc, CNP, RNCP/ROHP. *Sponsored by: The Institute of Holistic Nutrition*
- 2:00 PM Three revolutionary things you want to know about the beginnings of life** with Manda Aufochs Gillespie, Author The Green Mama. *Sponsored by: The Green Mama*
- 3:00 PM Traditional Medicinals Teas** with Brian White, Sales Manager. *Sponsored by: Traditional Medicinals Inc.*
- 4:00 PM Put an end to Self-Sabotage** with Nathalie Plamondon-Thomas, Life Coach & Author. *Sponsored by: Patience*
- 5:00 PM Stress Management & Prevention of Burnout** with Dr. Peter Hudoba, MD and Dr. Monique Giard, PhD. *Sponsored by: Soul Mind Body Centre*
- 6:00 PM Secrets to creating a Healthy, Happy, and Toxin-Free pregnancy, Postpartum Period, and Future Fertility** with Manda Aufochs Gillespie, Author The Green Mama. *Sponsored by: The Green Mama*

► Sunday February 18, 2018

- 11:00 AM Live Life Energized** with Irene Pauline. *Sponsored by: Vitality*
- 12:00 PM Women Love Hearts: Heart Health for Women** with Dr. Joyce Johnson, ND. *Sponsored by: Webber Naturals*
- 1:00 PM How to Eat, Move and Think at the next level** with Britte Nielsen & Becca Nielsen Registered Holistic Nutritionists. *Sponsored by: Core Potentials*
- 3:00 PM 10 Key Steps to Optimum Health** with Nicolette Richer, Health Educator/ Owner of The Green Moustache Juice Bar. *Sponsored by: The Green Moustache Juice Bar*
- 4:00 PM Stress Management & Prevention of Burnout** with Dr. Peter Hudoba, MD and Dr. Monique Giard, PhD. *Sponsored by: Soul Mind Body Centre*

Living Well

► Saturday February 17, 2018

- 11:00 AM Women Love Hearts: Heart Health for Women** with Dr. Joyce Johnson, ND. *Sponsored by: Webber Naturals*
- 1:00 PM A - Eating Alive Program, B - ADHD and Concussion** with Dr. Saeid Mushtagh, ND and Dr. Jonn Matsen, ND, Author. *Sponsored by: Northshore Naturopathic Clinic*
- 2:00 PM Staying Alkaline in an Acidic World** with Stephan Wilmes, The Alkaline Diet Guy. *Sponsored by: You In Focus*
- 3:00 PM Bodhi Meditation and Health** with Arlene Kroeker. *Sponsored by: Bodhi Meditation - Canada Bodhi Dharma Society*
- 4:00 PM Top Ways to Reduce Stress** with kristen Harper, Health and Wellness Speaker MBA, BSB. *Sponsored by: Perfect Health Consulting Services, LLC*
- 5:00 PM The Power of Bio-Identical Hormones** with Dr. Jacqueline Hermanson, ND. *Sponsored by: EnerChanges Health Clinic*
- 6:00 PM Your True Colours** with Donna Fairhurst, Reiki Master, Life Coach, & Psychic. *Sponsored by: Soul full Solutions*

► Sunday February 18, 2018

- 11:00 AM The Power of Bio-Identical Hormones** with Dr. Lindsey Hanson, ND. *Sponsored by: EnerChanges Health Clinic*
- 12:00 PM Food For Thought: The Nutrients Needed to Nourish Your Brain** with Dr. Patrick Callas, ND. *Sponsored by: Purica*
- 1:00 PM Discoveries in Ageless Performance** with Dr. Franco Cavaleri, BSc PhDc. *Sponsored by: Reset BioResearch Inc*
- 2:00 PM Diet Does Not Equate Nutrition** with Dr. Jason Marr, BScH., ND. *Sponsored by: Genuine Health Inc.*
- 3:00 PM A - Eating Alive Program, B - ADHD and Concussion** with Dr. Saeid Mushtagh, ND and Dr. Jonn Matsen, ND, Author. *Sponsored by: Northshore Naturopathic Clinic*
- 4:00 PM How to Create Authentic Happiness** with Serge Mazerand, Speaker/Pianist/Healer/Owner of Keys to Serenity. *Sponsored by: Keys To Serenity - Serge Mazerand Music Productions*

Women & Wellness

► Saturday February 17, 2018

- 11:00 AM The Power of Growth Hormone and Testosterone in Optimal Aging** with Dr. Brian Martin, BSc., ND. *Sponsored by: EnerChanges Health Clinic*
- 12:00 PM Everything You Need to Know About Hormones** with Lorna Vanderhaeghe MS, Author. *Sponsored by: Lorna Vanderhaeghe Health Solutions*
- 1:00 PM The Nature of Authentic Happiness** with Serge Mazerand, Speaker, Pianist, Healer, Owner of Keys to Serenity. *Sponsored by: Keys To Serenity - Serge Mazerand Music Productions*

- 2:00 PM PANEL - Women Empowering Women** with Tosca Reno, (NY Times Best Selling Author, Founder of Eat-Clean Diet) Lori Joyce (CEO at Better with Ice Cream), and Aeryon Ashlie (Fitness Expert and Coach). *Sponsored by: Fresh Magazine*
- 3:15 PM What Every Woman DESERVES to know about Minerals and how they Impact her Health** with Rick Fischer, Holistic Health Coach. *Sponsored by: Integrative Health Coaching*
- 4:15 PM Introduction to Ayurveda and Mind-Body Constitution** with Nirmala Raniga, Founder, Chopra Addiction & Wellness Center. *Sponsored by: Chopra Addiction & Wellness Center*
- 5:15 PM How To Balance Your Hormones Naturally To Lose Weight, Increase Energy & Kick Cravings!** with Mandy King, CNP, Bcom, HN. *Sponsored by: Genuine Health Inc.*
- 6:15 PM Hand Analysis – A great tool for Personal & Professional Development** with Laura Gibson, RN, BScN. *Sponsored by: Life Purpose Prints*

► Sunday February 18, 2018

- 11:00 AM Wild Seaweeds for Health, Wellness & Beauty** with Diane Bernard. *Sponsored by: Seafloa Skincare Inc.*
- 12:00 PM Disease Recovery & Anti-Aging through the Alkaline Acid Balance** with Stephan Wilmes. *Sponsored by: You in Focus*
- 1:00 PM Healthy Fats for Energy and Metabolism** with Karlene Karst, R.D. *Sponsored by: Assured Natural Distribution*
- 2:00 PM Achieving Mental and Hormonal Wellbeing - Embrace your journey to health** with Celeste Stephan. *Sponsored by: Celeste Stephan*
- 3:00 PM Optimal Metabolism** with Dr. Jacqueline Hermanson, ND and Dr. Lindsey Hanson, ND. *Sponsored by: EnerChanges Health Clinic*
- 4:00 PM Managing Stress, Hormones & Immunity** with Tawnya Ritco, Registered Holistic Nutritionist *Sponsored by: Purica*

Zen Fitness

► Saturday February 17, 2018

- 12:00 PM Commercial Break Workout** with Aeryon Ashlie. *Sponsored by: Aeryon Ashlie Fitness*
- 12:45 PM Pain Free Workshop** with Amanda Reid. *Sponsored by: Back 2 Motion*
- 1:30 PM The Energy Bagua** with The Energy Bagua - Bodhi Meditation Team. *Sponsored by: Bodhi Meditation - Canadian Bodhi Dharma Society*
- 2:15 PM Chair Yoga** with Aleeta Grant, Chopra Certified Yoga Instructor. *Sponsored by: Chopra Addiction & Wellness Center*
- 3:45 PM Fit For Fun** with Registered Holistic Nutritionists Britte Nielsen and Becca Nielsen. *Sponsored by: Core Potentials Academy*
- 4:30 PM Pain Free Workshop** with Amanda Reid. *Sponsored by: Back 2 Motion*
- 5:15 PM The Energy Bagua** with The Energy Bagua - Bodhi Meditation Team. *Sponsored by: Bodhi Meditation - Canadian Bodhi Dharma Society*

► Sunday February 18, 2018

- 12:00 PM The Energy Bagua** with The Energy Bagua - Bodhi Meditation Team. *Sponsored by: Bodhi Meditation - Canadian Bodhi Dharma Society*
- 1:30 PM Pain Free Workshop** with Amanda Reid. *Sponsored by: Back 2 Motion*
- 2:15 PM Commercial Break Workout** with Aeryon Ashlie. *Sponsored by: Aeryon Ashlie Fitness*
- 3:00 PM Gentle Flow Yoga** with Celeste Thibodeau, Certified Yoga Teacher. *Sponsored by: Chopra Addiction & Wellness Center*
- 3:45 PM Fit For Fun** with Registered Holistic Nutritionists Britte Nielsen and Becca Nielsen. *Sponsored by: Core Potentials Academy*
- 5:15 PM The Energy Bagua** with The Energy Bagua - Bodhi Meditation Team. *Sponsored by: Bodhi Meditation - Canadian Bodhi Dharma Society*