

ADDITIONAL SPEAKERS NOT TO MISS!

Non-Detailed list of Additions to Show since Show Guide

COOKING STAGE:

SATURDAY

11:00 AM – Chef Jennifer Browne- Chef/Blogger

Recipe: Squashed Puttanesca: A healthy twist on a popular Italian pasta dish.

Sponsored by: Jennifer Browne

3:30 PM - Executive Chef Cullin David- Chef/Owner- Calabash Bistro

Recipe: Cream of Mushroom and Coconut Soup: With Special Calabash flair

Product Sponsor: Mushrooms Canada

Sponsored by: Calabash Bistro Restaurant

HEALTHY FAMILIES SEMINAR STAGE:

SUNDAY

2:00 PM – Franco Cavaleri, Franco Cavaleri BSc, PhDc

Special Guest: Angus Reid, BC Lions Grey Cup Champion

Topic: Mental Acuity and Healthy Living

Sponsored by: Reset BioResearch Inc.

5:00 PM- Kristin McGary, LAc., MAc., CFMP®, CSTcert, CLP- Holistic Health Practitioner

Topic: Is Your Child's Fever Friend or Foe?- Free Gift giveaway at seminar!

Sponsored by: Kristin Grace McGary

LIVING WELL SEMINAR STAGE:

SATURDAY

12:00 PM- Agnes Piskari & Meghan Roushorne

Topic: How to Create a Healthier Home- Chemical Awareness
& Environmental Health Workshop

Sponsored by: Health Canada-Environmental Health Program

SUNDAY

5:00 PM- Calli O'Brien- CEO of My Matcha Life

Topic: Matcha Green Tea: It's History, Production & Superfood Qualities

Sponsored by: My Matcha Life Inc.

WOMEN & WELLNES SEMINAR STAGE:

SUNDAY

5:00 PM- Dr. Lois Nahirney- CEO of dnaPower Inc

Topic: Eat for your Genes: Lose weight and feel better by knowing your DNA

Sponsored by: dnaPower Inc.

FITNESS STAGE:

SATURDAY

11:15 AM- Sarah Corrigan- Hip Hop/Contemporary Jazz Dancer/Instructor &

Craig Hempsted- Cirque du Soleil trained National Ballet, Dance Instructor

Demonstration: Hip Hop and Stretch & Strength

Sponsored by: Harbour Dance Centre

3:00PM- Janine Jacques- Certified Pilates Instructor & Sarah Moore – Pilates Instructor

Demonstration: Open Your Spine with ELDOA practice

Sponsored by: Vancouver Pilates Centre

SUNDAY

11:15 AM- Lauren Maynard- Dancer/Instructor- Film/TV/Stage

Demonstration: Sexy Street Dance

Sponsored by: Harbour Dance Centre

12:45PM- Janine Jacques – Certified Pilates Instructor & Sarah Moore – Pilates Instructor

Demonstration: Myofascial Stretching

Sponsored by: Vancouver Pilates Centre

4:30PM- Nathan Fadear – Dancer/Instructor

Demonstration: Sexy Street Dance

Sponsored by: Harbour Dance Centre