



THE  
WELLNESS  
SHOW

For immediate release: November 14, 2016  
Media Contact: Rebecca Coleman  
778.230.1712/ rebecca@rebeccacoleman.ca

## The 2017 Wellness Show: Save the Date! March 3, 4 and 5, 2017

VANCOUVER, BC: New Rave Productions is pleased to present **The Wellness Show**, the West Coast's largest trade show devoted to helping Lower Mainlanders live a more balanced, holistic and healthy life. This year's show is a very special one, as it marks the **25th Anniversary of The Wellness Show!** Held **March 3, 4 and 5, 2017** at the Vancouver Convention Centre, this year's show celebrates a proud tradition of helping the local population to discover the latest and greatest trends in health and wellness for a quarter century.

The show includes exhibitors, speakers and demonstrations on a diverse range of health and wellness topics, including nutrition, exercise, beauty, healthy aging, alternative and holistic therapies, mental well-being, healthy kids and green living, all under one roof. There are 5 stages featuring **Fitness Demonstrations** (Firma EnergyWear, Mandala Blooms, and Function Health Club), **Women and Wellness Presentations** (featuring Lorna Vanderhaeghe, Women's Health Expert, "5 Simple Steps To Eliminating Cravings, Losing Weight and Feeling Energetic" with Mandy King, Holistic Nutritionist, and "Women and Burnout—a Mind Body Soul Solution" by Dr. Peter Hudoba), **Living Well Seminars** (Mastering Your Metabolism, Anti-Aging, Alkaline-Acid Balance, Joint Pain, Mineral Balancing, and Herbal Tonic Recipes), and the incredibly popular **Celebrity Cooking Stage**, (featuring Chef Meeru Dhalwala, Chef/Co-owner, Vij's Restaurant, Chef James Walt, Executive Chef, Araxi, Deerholme's Chef Bill Jones, Mission's Founder and Executive Chef Curtis Luk, Juniper's Executive Chef Sarah Stewart, and everyone's favourite; Tojo).

Returning again this year is the **Healthy Families Stage**, featuring a variety of workshops and hands-on fun for kids, parents, and grandparents. This stage was a big hit at last year's show, and this year includes demos from the owners of Holy Crap cereal, and workshops like "Simple Anti-Inflammatory Lunchbox Recipes," "7 Powerful Foods That You Must Have On Your Dining Table," and "Fit Families- Daily Habits that Will Help You Live Longer (and Happier!)" with Lifestyle Mentor, Dai Manuel.

Also making a comeback this year is the popular **Fresh Lounge**, presented by **Traditional Medicinals Tea**. This offers a designer space for attendees to relax and enjoy a cup of tea away from the bustle of the show.

New for the 2017 show is **The Bodhi Meditation Garden**. An oasis in the middle of the show, where you can holistically enhance your immunity, stamina and state of mind through meditation.

You'll never go home hungry after a day at The Wellness Show! In addition to having one of the best swag bags in the business, visitors will snack and sample their way through the show, including many healthy, organic, non-GMO and gluten free options supplied by **Nesters Market**. Last year, more than 30,000 people sampled and chatted with our 300 exhibitors, and attended over 100 informative and entertaining seminars, workshops, fitness and cooking demonstrations!

**The Wellness Show** opens its doors from 12 pm to 7 pm on Friday, March 3, 10 am to 7 pm on Saturday, March 4, and 10 am to 6 pm on Sunday, March 5, 2017. The show takes place at the Vancouver Convention Centre West (New Convention Centre), 1055 Canada Pl, Vancouver in downtown Vancouver. Tickets are \$14.50 General Admission, \$12.50 Seniors 65+ / Students with valid ID, \$6.00 Children (5 and under free), and \$30.00 3 – day pass. Tickets will be available online at [thewellnessshow.com](http://thewellnessshow.com), or at the door.

-end-