



THE
WELLNESS
SHOW

For immediate release: December 1, 2017
Media Contact: Rebecca Coleman
778.230.1712/ rebecca@rebeccacoleman.ca

The 2018 Wellness Show: Save the Date! February 17 & 18, 2018

VANCOUVER, BC: New Rave Productions is pleased to present **The Wellness Show**, the West Coast's largest and long-established lifestyles showcase. For more than a quarter of a century, The Wellness Show has been helping residents of the GVRD discover the latest trends in nutrition, fitness, physical and emotional well-being. The 2018 Wellness Show takes place February 17 & 18 at the Vancouver Convention Centre, and includes more than 250 exhibitors, 100+ speakers, cooking and fitness demonstrations, all with the goal of helping Vancouverites achieve their healthiest, most holistic selves.

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, and for one low ticket price. There are 5 stages including **Healthy Families** (featuring “The Green Mama” talking about healthy pregnancies, as well as workshops on bolstering your family’s immunity, and recipes for a vegan diet). **Fitness Demonstrations** (meditation, yoga, and how to live your life pain-free), **Women and Wellness Presentations** (hormones, anti-aging, the role of fat in our diets, metabolism and Ayurveda), **Living Well Seminars** (top ways to reduce stress and increase happiness, how to manage joint pain, ADHD and nutrition), and the incredibly popular **Celebrity Cooking Stage**, (featuring Chef Phil Scarfone of Nightingale, Robert Clarke of The Arbor, Shelome Bouvette of Chicha, and everyone’s favourite; Tojo).

On Saturday, February 17, join Tosca Reno (best selling author & health expert), Lori Joyce (CEO at Betterwith Foods) , and Aeryon Bela Ashlie (fitness expert & coach) for the Women Empowering Women Panel sponsored by Fresh Magazine.

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!

There’s always lots to see, do and eat at The Wellness Show! Last year over 20,000 visitors came through our doors, and of those attendees, the vast majority spent a minimum of 4 hours exploring, sampling and learning.

The Wellness Show opens its doors from 10 am to 7 pm on Saturday, February 17, and 10 am to 6 pm on Sunday, February 18, 2018. The show takes place at the Vancouver Convention Centre East (Old Convention Centre), 999 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 \$20.00 2 – day, all access pass. Tickets are available online at thewellnessshow.com, or at the door.

-end-