



THE
WELLNESS
SHOW

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Fun, Fitness & Food for the Whole Family at the 2016 Wellness Show!

VANCOUVER, BC: New Rave Productions is pleased to present the 24th annual **Wellness Show**, the West Coast's largest trade show devoted to helping you and your family live a more balanced, holistic and healthy life. This year's show takes place **February 12, 13 and 14, 2016**, at the Vancouver Convention Centre. The theme this year is **Healthy Families**: featuring a variety of stage workshops and hands-on fun for kids, parents, and grandparents.

Start the New Year off strong and attend The Wellness Show. With a variety of stages, workshops, demonstrations and 250 exhibitors, there is always something new and exciting to discover.

Included are 5 stages: Fitness Demonstrations, Women and Wellness Presentations, Living Well Seminars, the new Healthy Families Workshop Stage, and the incredibly popular Celebrity Chef Stage.

Attend a seminar and learn about Natural Ways to Deal With Life's Changes, How to Make Your Skin Glow From the Inside Out, Stress—the Hormone Connection, and Mindful Relationships. Attend a fitness class, like Ballet Fit, Yoga or Zumba. Watch celebrity chefs like Chopped Champion Alana Peckham, Curtis Luk, Tobias Grignon, and everyone's favourite Chef Tojo prepare healthy dishes, with samples to try. Attend a kid-friendly cooking class with Chef Bongo, and learn to make Bliss Balls with mom and cookbook author Jennifer Brown. Learn natural ways of getting your kids to sleep, or dealing with ADHD, and let your kids tumble under the supervision of BC Gymnastics certified coaches. There's also the Green Scene Urban Gardening area, NeuroSpas, and different styles of massage and holistic therapies.

Visit Nesters Organic Market for snacks and samples of new, organic food choices. They even have a nutritionist on site! The Wellness Show has it all: chocolate, fresh food, gluten-free treats, hot food, tea, kombacha, organic and/or non-GMO. There's even organic skin care and makeup, because what you put on your body is as important as what you put in it!

The Wellness Show opens its doors from 12-7 pm on February 12, 10 am to 7 pm on February 13, and 10 am to 6 pm on February 14. The show takes place at the Vancouver Convention Centre East, Exhibit Hall B & C, 999 Canada Place in downtown Vancouver. Tickets are \$14.50 General Admission, \$12.50 Seniors 65+ or Students with valid ID, \$6.00 Children (5 and under free), and \$30.00 for a 3 day pass. Family passes for two adults and two children are available for \$25. Tickets will be available online at thewellnessshow.com, or at the door.

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