



THE  
WELLNESS  
SHOW

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## Find Fuel, Fitness and Fun At the 2015 Wellness Show!

VANCOUVER, BC: New Rave Productions presents **The 23rd Annual Wellness Show**, the largest trade show in Western Canada dedicated to helping you live a more healthy lifestyle. This year's Wellness Show takes place February 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>, 2015 at the Vancouver Convention Centre East Building.

When it comes to healthy living, **The Wellness Show** has been a leader in educating and informing people about the latest new foods, supplements, fitness activities or tools for a holistic lifestyle. The show includes 300 exhibitors in all areas: whole, organic, non GMO, gluten-free health foods and snacks, cutting-edge supplements to help make you leaner and stronger, and the latest fitness equipment and exercise crazes to help you find a new, fun, and motivating workout.

In addition to our 300 experts answering your health and wellness questions, sampling options abound! In our Organic Market section, sponsored by Nesters Market, are organic apples and salads, juices and energy bars, as well as organic yogurt, milk and cream. Nibble on natural and organic cereal and granola bars, and snack on gluten-free and whole grain breads. Thirsty? Sip some Alkaline Water, Aloe Gloe Aloe Water, Be Coconut Water, Seva Maple Water, Whistler Glacial Spring Water, RISE Kombucha, Bremner Juices, or try some organic and Fair Trade coffee and teas.

There are 5 demonstration stages: try out a new, fun workout at the Fitness Demonstration Stage, learn more about how to manage wellness specifically for women at the Women and Wellness Stage, get inspired to live your very best life from the speakers at the Living Well Stage, and learn new holistic wellness techniques, hands-on at a Wellness Workshop. Finally, you can learn new, healthy recipes and cooking techniques (and sample the final product!) from notable chefs at our Celebrity Cooking Stage (sponsored by Alligga™).

**The Wellness Show** also features a fun play area for kids, a Natural Beauty section, featuring organic and cruelty-free makeup, skincare products and procedures, a section for folks interested in Raw Living, and an emphasis on Green, good-for-you-good-for-the-planet Living.

**The Wellness Show** runs Friday, February 13 (noon to 8 pm), Saturday, February 14 (10 am to 7 pm) and Sunday, February 15 (10 am to 6 pm) at the Vancouver Convention Centre, East Building Exhibit Hall B & C, 999 Canada Place. Ticket prices are: \$14.50 (General Admission), \$12.50 (Seniors & Students), \$6.00 (Children 6-15), and FREE (Children 5 & Under), 3 Day Passes are available for \$30. Admission is available at the door, or may be purchased in advance [online](#).

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