



ADDITIONS to show since Show Guide was printed:

LIVING WELL SEMINAR STAGE

SATURDAY 6:00 PM – Laura Gibson

Topic: Hand Analysis - A Great Tool for Personal and Professional Development

Sponsored by: Life Purpose Prints

SUNDAY 5:00 PM – Sandra Moon Dancer B.Sc., M.H.Sc

Topic: Malta - The Great Mother Temples: Balance at Spring Equinox in the Mediterranean

Sponsored by: Centre of Circle Wisdom

HEALTHY FAMILIES SEMINAR STAGE

SATURDAY 6:00 PM – Dr. Nathalie Beauchamp

Topic: Is It Healthy Or Not? It Depends.

Sponsored by: Dr. Nathalie Beauchamp - Hack Your Health Habits

SUNDAY 5:00 PM – Blessing Horowitz

Topic: Light up the World with your Smile

Sponsored by: Essential Oxygen

WOMEN & WELLNESS STAGE

SATURDAY 6:15 PM – Lorna Vanderhaeghe

Topic: Everything You Need to Know About Hormones

Sponsored by: Lorna Vanderhaeghe

CELEBRITY COOKING STAGE

SUNDAY 5:00 PM – Renée Chan

Topic: Vegan & Gluten Free Dumplings

Sponsored by: True Nosh

ZEN FITNESS STAGE

SATURDAY 3:00 PM – Christa Norgren

Topic: Yoga the YogaFit Way

Sponsored by: YogaFit Worldwide

SUNDAY 11:15 AM – Tara King

Topic: HIIT Bodyweight Bootcamp

Sponsored by: HIIT Fitness

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4252 Madeley Rd, North Vancouver, BC, V7N 4C9



THE
WELLNESS
SHOW

CANCELLATIONS to show since Show Guide was printed:

LIVING WELL SEMINAR STAGE

SATURDAY

5:00 PM – Sacha DeVoretz

Topic: Best Life After 40

Sponsored by: SachaD.com

SATURDAY 3:00 PM & SUNDAY 11:15 AM

Topic: GRAVITY

Sponsored by: F45 Fitness

CELEBRITY COOKING STAGE

SUNDAY

5:00 PM – Katie Moody and Jeremy Mitchell, Cantina Norte

Sponsored by: Cantina Norte

CHANGES to show since Show Guide was printed:

LIVING WELL STAGE

SUNDAY

4:00 PM – Beyond the Beauty: The Influential Effects of Collagen

Change of Presenter: Rhiannon Lytle

HEALTHY FAMILIES STAGE

SUNDAY

1:00 PM – Stress, Adrenal Fatigue and Weight Loss!

Change of Sponsor: Aeryon Wellness

WOMEN & WELLNESS STAGE

SATURDAY

4:15 PM – Stress, Adrenal Fatigue and Weight Loss!

Change of Sponsor: Aeryon Wellness

HIIT Bodyweight Bootcamp

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