





inding balance



Highlights So much to see and do!

The Nesters Market Organic Marketplace Women's Panel — Feb 1, 2:00 pm Traditional Medicinals Tea Lounge **Table Tennis**

Local Artisans Marketplace NEW! Addiction Panel – Feb 2, 3:00 PM **NEW!** Rolling Cashew Food Truck **NEW!** Farm to School and Dragon Boat BC

ticket prices on-line

Enter to win!

Grand Prizes

Plus, Wellness Show Swag Bags, seminar prizes and so much more!



Long Beach Resort – Two Night Beachfront Getaway! Kingfisher Oceanside Resort + Spa – Stay & Unwind for Two!



Vancouver Water Adventures – 12 person Private Paddleboard Lesson!



Hoodoo Adventures + Chute Lake Lodge -Stay & Play Package!



Nita Lake Lodge – A two night stay in a lakeview studio suite at Nita Lake Lodge

Stage Prizes

Breville Celebrity Cooking Stage – Breville Blende

TIGH-NA-MARA cedars

Healthy Families Stage – One night stay with breakfast at Tigh-na-mara Seaside Resort + Cedars Restaurant



Living Well Stage — One night stay at the Prestige Oceanfront Resort Women & Wellness Stage — Sabai Thai Spa Pure Serenity Package



Zen Fitness Stage – Voucher for two, for the Wet and

Wild Elaho Exhilarator Trip with Canadian Outback Rafting and **Canadian Rafting Adventures**

www.thewellnessshow.com

event information 604.983.2794























Parent







