

Admission

Ticket Prices

General Admission*	14.50
Seniors 65+ / Students with valid ID*	12.50
Children (12 and under free)*	FREE
Two Day Pass*	20.00

CASH ONLY AT THE DOOR. Not valid with any other ticket promotion.

DISCOUNT TICKETS AVAILABLE ONLINE*

PayPal at www.thewellnessshow.com/tickets

GROUP TICKET/CORPORATE GIFT PACKS

Call the show office to book 604-983-2794

*All prices include GST. All seminars, demos and workshops are included in the price of admission.



Hours

Saturday, February 1, 2020

10 am to 7 pm

Sunday, February 2, 2020

10 am to 6 pm

Location | Parking

Vancouver Convention Centre, West Building, Exhibit Hall B

1055 Canada Place Vancouver BC

www.vancouverconventioncentre.com



THE
WELLNESS
SHOW

Presented by



THE
WELLNESS
SHOW

Presented by



finding balance

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Woman and Wellness
Seminar Series Sponsor



Healthy Families
Seminar Stage Sponsor



Media Sponsors



February 1 & 2, 2020

Vancouver Convention Centre, West Building

www.thewellnessshow.com
event information 604.983.2794

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Helping You Find Balance

Welcome to the 2020 Wellness Show... helping you be the best that you can be!

The Nesters Market Organic Marketplace

As the proud presenting sponsor of The Wellness Show, we like to ensure that our Nesters Market Organic Marketplace area highlights some of the quality organic and natural products carried in our Nesters Market stores. Love free samples? We do too! Stop by and say hi to our Nesters Market Store Managers and Team Members, enjoy a delicious organic apple from our Produce Department, and learn a little more about where we are, what we do and why we do it!

The Celebrity Cooking Stage

Watch as celebrity chefs and award-winning cookbook authors share their healthy recipes made with BC's best and most sustainable ingredients. Afterwards, sample their creations and see why Vancouver is considered the best food city in Canada.

Women's Panel – February 1st, 2:00 pm

An enlightening discussion with Mary Zilba, Jodie Emery and Karen Lee will share insights and anecdotes through their careers, family and personal lives and answer thought provoking questions from our moderator Johanna Ward.

NEW! Addiction Panel – February 2nd, 3:00 pm

Join us as we delve into the important topic of Addiction; including the types of Addiction we are confronted with, how it begins and ways we can overcome it.

Special Features for 2020!

Table Tennis Anyone?

Experience the physical and mental benefits of table tennis with professional players and coaches to teach you more about the sport!

Traditional Medicinals Lounge

Presenting Lounge Sponsor – Traditional Medicinals

Furniture Courtesy of Past Pieces Vintage Wedding & Events

Savour a cup of hot, healthy Traditional Medicinals tea, while resting in our custom-designed vintage-inspired lounge area provided by Past Pieces.

Local Artisans Marketplace

Check out our Marketplace, located near the Women & Wellness Stage. With a range of items from local Artisans, there's something for everybody!

Don't miss a thing! Visit www.thewellnessshow.com for a full list of everything to see and do at the show, including regular updates.



Enter to win!

All included in your price of admission

Grand Prizes

long beach lodge
ALICIA
TURNING LEISURE ADVENTURE RESORT

Long Beach Resort – Two Night Beachfront Getaway!

KINGFISHER

Kingfisher Oceanside Resort + Spa – Stay & Unwind for Two!

Water
ADVENTURES
VANCOUVER

Vancouver Water Adventures – 12 person Private Paddleboard Lesson!

CHUTE LAKE LODGE
HOODOO ADVENTURES
VANCOUVER

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

NITA LAKE LODGE

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

Stage Prizes

Breville

Celebrity Cooking Stage – Breville Blender

TIGH-NA-MARA
SEASIDE ON RENOVATION CONFERENCE CENTRE
cedars
RESTAURANT & LOUNGE

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

Prestige
OCEANFRONT RESORT

Living Well Stage – One night stay at the Prestige Oceanfront Resort

SABAI THAI SPA
PURE SERENITY PACKAGE

Women & Wellness Stage – Sabai Thai Spa Pure Serenity Package

CANADIAN OUTBACK
RAFTING
ADVENTURES

Zen Fitness Stage – Voucher for two, for the Wet and Wild Elaho Exhilarator Trip with Canadian Outback Rafting and Canadian Rafting Adventures

Special Feature Prizes

RECVRD
apparel

Join us for a Conversation on Addiction at our Healthy Families Stage, and enter to win a gift from RECVRD.

DRAGON BOAT BC

Visit the Team at Dragon Boat BC, and enter for a chance to win a Two-person Voucher for their 4 Week Intro to Dragon Boat!

Seminar Prizes

Cookbooks, restaurant gift cards, goodie bags and more available to be won at individual seminars.

Plus, Wellness Show swag bags, seminar prizes and so much more!

2020 Exhibitors List

🌱 exhibitors offering special show prices on products and services

30 Minute Hit	
Active Releaf	
Aeryon Wellness & Prairie Naturals	
Air Queen	🌱
Amore Pet Foods	
Anipet Animal Supplies	🌱
Arbonne International	
Armidilly	🌱
Aroma Crystal Therapy	🌱
Around the Back Chiropractic Inc	
Assured Natural Distribution	🌱
Ayurveda Vancouver	🌱
Bakerlita	
BC Egg	
BC Learning Centre for Children with Dyslexia	
BC Nurses' Union	
BC Responsible and Problem Gambling Program	
BC Transplant	
Beland Organics Foods	🌱
BMO	
Benesse Health & Ecotrend Ecologics	🌱
Bevan Hemsworth	
Big Venture Sales	🌱
Blue Monkey Tropical Collection	🌱
Body Luv Lab	
Body Plus Education – Lorna Vanderhaeghe	🌱
Boucher Institue of Naturopathic Medicine	
Bremner Foods	🌱
British Columbia Golf	
Canadian Association of Occupational Therapists	
Canadian Blood Services	
Canadian College of Shiatsu Therapy	
Catalyst Kinetics	
Chocxo Ruby Cacao	
Coast Copper	
Connect Hearing Canada	
Core Potentials Academy	
Crafts of Tibet	
Crystal Files By Burton Spa	
Datzchem	
dnaPower Inc.	🌱
DoTERRA	
Dragon Boat BC	🌱
Dynamint	
Earthbound Farms	🌱
Earth's Choice Golden Milk	🌱
Earthsave Canada	
Eckankar Canada	🌱
Elavacity – Happy Coffee	
EMF-X Solutions	
Encompass Health & Wellness	
Ener-C and Martin & Pleasance	
Eternal Concept	
Eve's Crackers	
Falcon Artistry	
Falun Dafa Association of Vancouver	🌱
Farend Natural Products	
Farm to School BC & Public Health Association of BC	🌱
Finlandia Pharmacy and Natural Health Centre	
Firma Energywear & TAB Custome Fitted Bras	🌱
Flora Health	🌱
Fontaine Sante Keto Dip	🌱
Four Sigmatic	
Fromagerie L'Ancetre Cheese Factory	🌱
G Adventures	
Garden Fresh Gourmet	
Garden of Life	
Geti Cosmetics	
GetMyKit.ca	
Giddy Yo	
Glowing Orchid Organics	
Glutenull	
Golden Home Pizza Crusts	

🌱	Greater Vancouver Community Services Society
🌱	Halcyon Hot Springs Resort & Spa
	Healing House Natural Wellness Centre
	Health Canada
🌱	Helight
🌱	HelloFresh
	Helthe Connect Wellness Inc.
	HIGH VIBES APOTHECARY
🌱	HoliDrink Café/Corporation
🌱	Hollyhock
	Honor Wellness Studio
	In Touch Chiropractic
	Indonesian Trade Promotion Center
	Infinite Aloe Skin Care
🌱	Infusion Premium Foods
	Integrative Health Coaching
	ISHA Foundation
	J Massage Tools
	Jassal Chiropractic
🌱	Juice Plus + Tower Garden
	JusTea
	Karma Water
🌱	Kits Kitchen
🌱	Land Art
🌱	Lifinity
🌱	Lions Gate Chorus
	Little Fox Apothecary
🌱	Little Tucker
🌱	Lorna Gemstone Jewelry
🌱	Lumicel Health Centre
🌱	Malk Beverages
	Mandala Blooms Creative
🌱	Maple Leaf
🌱	Maple Wellness Foods Corp.
🌱	Master Sha Tao Centre
	Maureen Simon
	V-Fresh
	Mikei Red Reishi Mushroom Essence
	Milano Coffee
	Mother Earth's Natural Remedies
	Motion
	Mystech Canada
	Naked Coconuts
	Natura Solutions Ltd.
🌱	Natural Calm
🌱	Naturally Given
	Naturally Splendid Enterprises
	Natures Way
	NEORA
	Nesters Market
🌱	Nona Vegan
🌱	Nora's Vegan Ice Cream
	North Coast Naturals
	North Shore Table Tennis
🌱	Northshore Naturopathic Clinic
	Norwex
🌱	NPK Wild Foods Inc.
	NuSkin
	Nutiva
	Nutripur
🌱	Nuts For Cheese
🌱	Ocean Sales Group Ltd.
	Omega 3 Nutraceanse (Brightside Natural Foods)
🌱	Omega Alpha
	One Boob Down
🌱	Oxylift
🌱	Paris everyBODY
	PawWow Holistic Pet Products
🌱	Pelviennne Wellness Inc.
	Performax Health Group
🌱	Pet Connection Magazine
	Physiotherapy Association of British Columbia
🌱	POUND Fit
🌱	Pukka Tea

🌱	Purica	🌱
	PYT Hair Canada	🌱
	Quantum Hydrogen Ltd.	🌱
	Quiklaser Limited	🌱
🌱	Rain City Tea Co.	🌱
🌱	Red Crown Pomergranate Juice	🌱
	Remedy Kombucha	
	Rolling Cashew	🌱
	Rumble	
🌱	Salt Spring Harvest	
🌱	Secret of Beauty	🌱
	Nintendo	
	Smart Sweets	
	Speech and Hearing BC	
	Sproos	🌱
	Sweat Matterz	🌱
	The Balanced Collective	
	The Canada Bodhi Dharma Society	
🌱	The Cultured Coconut	
🌱	The IV Health Centre	🌱
🌱	The Perfect Bar	
	Thermor Ltd.	
	TNT Botanicals & Extracts	🌱
	Traditional Medicinals	🌱
	Training in Power Academy	
🌱	Truehope Canada	
🌱	truLOCAL	
	Usana Health Sciences	
🌱	Vega	
	Victoria's Health	🌱
🌱	Viva Organics	🌱
	Voxxlife	
	Webber Naturals	🌱
	West 1st Chiropractic Wellness Centre	
	Wineland Dressing	🌱
	YouInFocus Products/Dr. Jentschura	🌱

2020 Stage Information

Please visit www.thewellnessshow.com for complete descriptions and live updates

Cooking Stage

Sponsored by Nesters Market, BC Raspberries and BC Salmon Marketing Council

▶ Saturday	
11:00 AM	Plant Based Power with Chef Caitlin Mark – <i>Sponsored by: Westin Hotel</i>
12:00 PM	Maureen Simon – <i>Sponsored by: Nesters Market</i>
1:00 PM	Chef Hidekazu Tojo – <i>Sponsored by: Tojo's Restaurant</i>
2:30 PM	Shrimp Ceviche with Katie Moody and Jeremy Mitchell – <i>Sponsored by: Cantina Norte</i>
3:30 PM	Miso Awesome with Chef Steve Kuan – <i>Sponsored by: Torafuku Restaurant</i>
4:30 PM	Chef Dawn Doucette – <i>Sponsored by: Douce Diner</i>
5:30 PM	Spiced Chicken Skewers with Peach Salsa with Simone Lovell – <i>Sponsored by: Fuel for Fat Loss</i>
▶ Sunday	
11:00 AM	Cultured Coconut Yogurt with Zuzana Fajkusova & Nikki Lefler – <i>Sponsored by: Active Vegetarian</i>
12:00 PM	Beef Tenderloin with Chef Christian Kuehnel – <i>Sponsored by: Bauhaus Restaurant</i>
1:00 PM	Chef Cullin David – <i>Sponsored by: Calabash Bistro</i>
2:00 PM	Warren Chow – <i>Sponsored by: Juniper Restaurant</i>
3:00 PM	Chef Grace-Siriwan Rerksuttisiridach – <i>Sponsored by: Simply Thai Restaurant</i>
4:00 PM	Chef Zach Steele – <i>Sponsored by: Dockside Restaurant</i>

Fitness Stage

▶ Saturday	
10:30 AM	POUND.ROCKOUT.WORKOUT with Cara Reinelt – <i>Sponsored by: POUND Fit</i>
11:15 AM	Energy Stretch and Movement Class with Becca Nielsen – <i>Sponsored by: Core Potentials Academy</i>
12:00 PM	The Whole Life Fitness Manifesto: Optimize Your Body, Mind and Spirit in 30 minutes a day with Dai Manuel – <i>Sponsored by: DaiManuel.com</i>
12:45 PM	Energy Bagua with Energy Bagua Team – <i>Sponsored by: Puti Meditation College Canada Ltd.</i>
1:30 PM	POUND.ROCKOUT.WORKOUT with Cara Reinelt – <i>Sponsored by: POUND Fit</i>
2:15 PM	Flow with Courtney with Courtney Amlinger – <i>Sponsored by: Nesters Market</i>
3:00 PM	The Whole Life Fitness Manifesto: Optimize Your Body, Mind and Spirit in 30 minutes a day with Dai Manuel – <i>Sponsored by: DaiManuel.com</i>
3:45 PM	Energy Bagua with Energy Bagua Team – <i>Sponsored by: Puti Meditation College Canada Ltd.</i>
4:30 PM	Keeping your Spine Aligned with Josea Marrello – <i>Sponsored by: Sweat Matterz</i>
▶ Sunday	
10:30 AM	Energy Bagua with Energy Bagua Team – <i>Sponsored by: Puti Meditation College Canada Ltd.</i>
11:15 AM	Force Balance Technique: A New Solution for Chronic Physical Pain with Dean Kotopski – <i>Sponsored by: Performax Health Group</i>
12:00 PM	Energy Stretch and Movement Class with Becca Nielsen – <i>Sponsored by: Core Potentials Academy</i>
12:45 PM	Keeping your Spine Aligned with Josea Marrello – <i>Sponsored by: Sweat Matterz</i>
2:15 PM	Force Balance Technique: A New Solution for Chronic Physical Pain with Dean Kotopski – <i>Sponsored by: Performax Health Group</i>
3:00 PM	Energy Bagua with Energy Bagua Team – <i>Sponsored by: Puti Meditation College Canada Ltd.</i>

3:45 PM	POUND.ROCKOUT.WORKOUT with Cara Reinelt – <i>Sponsored by: POUND Fit</i>
4:30 PM	Yoga For Beginners with Isha Teacher – <i>Sponsored by: Isha Foundation</i>
5:15 PM	Isha Kriya with Isha Teacher – <i>Sponsored by: Isha Foundation</i>

Healthy Families Stage

Sponsored by BC Parent Magazine

▶ Saturday	
11:00 AM	101 on Functional Mushrooms with Mikael Makinen – <i>Sponsored by: Nesters Market</i>
12:00 PM	Herbal Adaptogens - Ancient and Elite Herbs for Modern Life with Petra Sovcov – <i>Sponsored by: Healing House Natural Wellness Centre</i>
1:00 PM	Collagen – Why All The Hype? with Nelson Narciso – <i>Sponsored by: North Coast Naturals</i>
2:00 PM	10 Easy Steps to Health and Wellness with Stephan Wilmes – <i>Sponsored by: You in Focus</i>
3:00 PM	Relaxation, Digestive, Seasonal - The Decision Tree - What Herbal Tea(s) are Right for your Condition with Brian White – <i>Sponsored by: Traditional Medicinals</i>
4:00 PM	How Solid Are You? with Gina Best – <i>Sponsored by: One Boob Down</i>
5:00 PM	Understanding Hearing Loss with Alison Place – <i>Sponsored by: Connect Hearing</i>
▶ Sunday	
11:00 AM	Eat For Your DNA with Dr.Lois Nahirney – <i>Sponsored by: dnaPower Inc.</i>
12:00 PM	How to Meditate to Increase Happiness while Reducing Stress & Anxiety with Dai Manuel – <i>Sponsored by: DaiManuel.com</i>
1:00 PM	Supporting Immunity in Children with Petra Sovcov – <i>Sponsored by: Healing House Natural Wellness Centre</i>
2:00 PM	Five Keys to Loving & Harmonious Family Relationships with Ximena Gavino – <i>Sponsored by: Master Sha Tao Centre, Vancouver</i>
3:00 PM	A Conversation on Addiction and How it Affects Families with Ben Goresky, Judy Lee and Donna Low – <i>Sponsored by: Evolving Man, BC Prevention, Edgewood Health Network</i>
4:15 PM	Healing and Self-Confidence Through Cosmetic & Restorative Tattoos with Candice Falcon – <i>Sponsored by: Falcon Artistry</i>

Living Well

Sponsored by Finlandia Pharmacy and Natural Health Centre

▶ Saturday	
11:00 AM	NEEM: Nature's Healing Gift to Humanity with Klaus Ferlow – <i>Sponsored by: Neem Research</i>
12:00 PM	Burnout Syndrome with Chelan Wilkins – <i>Sponsored by: Ener-C and Martin & Pleasance</i>
1:00 PM	BE THE BOSS OF YOUR OWN HEALTH: Thriving through life's ups and downs with Tawnya Ritco – <i>Sponsored by: Purica</i>
2:00 PM	How to Manage Stress Naturally with Dr. Brad Matthews, Dr.TCM. R. Ac – <i>Sponsored by: Mikei Red Reishi Mushroom Essence</i>
3:00 PM	Changing the Face of Mental Health - One Nutrient at a Time with Karen Ryan – <i>Sponsored by: Finlandia Pharmacy and Natural Health Centre</i>
4:00 PM	ADHD & Concussions with Dr. Saeid Mushtagh – <i>Sponsored by: Northshore Naturopathic Clinic</i>
5:00 PM	IV Nutrient Therapy for Optimal Health with Dr. Erica Kubanek – <i>Sponsored by: The IV Health Centre</i>
6:00 PM	Force Balance Technique: A New Solution for Chronic Physical Pain with Dean Kotopski – <i>Sponsored by: Performax Health Group</i>

▶ Sunday	
11:00 AM	When East meets West: Winning Against Stress & Aging with Jason Watkin – <i>Sponsored by: Purica</i>
12:00 PM	Understanding Marine Collagen with Stephanie Gust – <i>Sponsored by: Finlandia Pharmacy and Natural Health Centre</i>
1:00 PM	How to Support Your Immune Health Naturally with Dr. Melissa Carr, B.Sc., Dr.TCM – <i>Sponsored by: Mikei Red Reishi Mushroom Essence</i>
3:00 PM	Hidden Mineral Imbalances that Influence Our Emotions, Reactions, Productivity and Energy with Rick Fischer – <i>Sponsored by: Integrative Health Coaching</i>
4:00 PM	You Are Only 3 Questions Away from Living Your Best Life Now with Dai Manuel – <i>Sponsored by: DaiManuel.com</i>
5:00 PM	Symptoms of Anxiety, Stress and Depression - Nutritional Approach with Dr. Fedor Zelina – <i>Sponsored by: Truehope Canada</i>

Women & Wellness

Sponsored by Fresh Magazine

▶ Saturday	
11:00 AM	3D Appearance Nipple Tattoos after a Mastectomy with Candice Falcon – <i>Sponsored by: Falcon Artistry</i>
12:00 PM	Everything You Need to Know About Hormones with Lorna Vanderhaeghe – <i>Sponsored by: Body Plus Education (Finlandia)</i>
1:00 PM	Energy Medicine - The Forefront of Health and Wellness with Becca Nielsen – <i>Sponsored by: Core Potentials Academy</i>
2:00 PM	PANEL - An Enlightening Discussion with Mary Zilba, Jodie Emery, Karen Lee – <i>Sponsored by: Fresh Magazine</i>
3:15 PM	Are Your Breast Cancer, Depression and Gut Health Related? with Nicolette Richer – <i>Sponsored by: Hollyhock</i>
4:15 PM	Mineral-Based Health Information Every Woman Deserves to Know (But Isn't Taught) with Rick Fischer – <i>Sponsored by: Integrative Health Coaching</i>
5:15 PM	Outer Beauty Inner Power with Tao Calligraphy with Ximena Gavino – <i>Sponsored by: Master Sha Tao Centre, Vancouver</i>
6:15 PM	Reclaim Your Hormones, Reclaim Your Life with Aeryon Ashlie – <i>Sponsored by: Prairie Naturals</i>
▶ Sunday	
11:00 AM	Life's Magic! with Gina Best – <i>Sponsored by: One Boob Down</i>
12:00 PM	Alkaline and Lectin Free Detox - A Sustainable Way to Enjoy a Healthy Life with Stephan Wilmes – <i>Sponsored by: You in Focus</i>
1:00 PM	Women's Mental Health & the Hormone Connection - Get EMPowered, Embrace YOUR Journey! with Celeste Stephan – <i>Sponsored by: Truehope Canada</i>
2:00 PM	Modelling Healthy Eating Behaviours in the Household with Tracy Leung – <i>Sponsored by: Nesters Market</i>
3:00 PM	Light Bladder Leakage Is NOT 'Just Part Of Being A Woman' with Kim Vopni – <i>Sponsored by: Pelviennne Wellness Inc</i>
4:00 PM	The Adrenal, Stress Weight Loss Connection with Aeryon Ashlie – <i>Sponsored by: Prairie Naturals</i>
5:00 PM	The 3 Little Words to Help You Stop Complaining & Start Living with Dai Manuel – <i>Sponsored by: DaiManuel.com</i>