



## HEALTH AND WELLNESS BECOME THE FOCUS IN VANCOUVER ON FEBRUARY 1 & 2 AT THE 32<sup>ND</sup> ANNUAL WELLNESS SHOW

Over 200 Health & Wellness Exhibitors and Speakers Share Knowledge  
at the Vancouver Convention Centre

JANUARY 6, 2025, VANCOUVER, BC / Traditional territory of the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), Skwxwú7mesh (Squamish), and səliiwətał (Tseil-Waututh) Nations - [The Wellness Show](#), Western Canada's largest holistic wellness event, returns in Vancouver from February 1-2, 2025. For its 32<sup>nd</sup> year, The Wellness Show brings over 200 exhibitors and speakers who will share the latest wellness trends and top health products.

### Wellness Trends to Watch for at the 2025 Show:

- **Mental Wellness & Mindfulness:** Explore workshops and exhibitor booths that provide stress-reducing tools, meditation techniques, and emotional well-being strategies to balance life's demands.
- **Sustainable Living:** With sustainability at the forefront, expect to see eco-friendly products and services that focus on reducing waste and environmental impact in personal health and beauty routines.
- **Gut Health & Nutrition:** Dive into workshops and cooking demos that explore the critical connection between gut health and overall wellness, featuring vendors with clean, plant-based food options.

"The Wellness Show continues to evolve every year as we gather new exhibitors and speakers who share trends that shape the way we approach health," says **Jeannette Savard**, New Rave Productions, producer of The Wellness Show. "We are thrilled to welcome back our Zen Fitness Stage. Attendees loved getting active during the show and discovering new tools to further their physical health alongside incredible products that will optimize their health."

Speaker stages in 2025 feature an eclectic mix of presenters sharing their insights and knowledge into a diverse health and wellness industry in Canada.

- New this year is the [Zen Fitness Stage](#). Attendees can learn more about Yoga, Active Flow Movement, the sacred art of belly dancing, Pilates, Tai Chi and more. These interactive sessions will be sure to inspired anyone looking to incorporate more movement into their lives but unsure what is best for them. Check out the schedule of events and be sure to attend to enter to win prizes and learn more about different body techniques.
- Gain new health insights at [The Women & Wellness Seminar Stage](#) where presenters cover topics from Therapeutic Touch to the art of Gua Sha to Acupuncture. Learn more about Menopause and its symptoms on Saturday and on Sunday discover more about Hormone Replacement Therapy. For those seeking more insights into pain management, be sure to visit the stage on Sunday to discover ways to reduce your pain.
- The [Living Well Seminar Stage](#) returns with two days of informative and healing topics for all attendees. Discover more about health supplements, practical tips for building a healthier gut, and learn about the connection between our Wellbeing & Finances.

- One of the highlights of The Wellness Show returns with the [Celebrity Cooking Stage](#). This year learn new recipes from chefs including Matt Brennan, Emillie Parrish, Andrew Hounslow, Meeru Dhalwala and more. Attendees have an opportunity to sample the delicious recipes made by chefs live on-stage. Continue to check the website as recipes and menus are updated.

Attendees bringing their families have an opportunity to visit the Kid Zone. Instructors from Tumbletown Education Centre are on site for kids to learn and develop coordination, practice balance and build strength in a fun and supportive setting.

Pickleball BC returns to The Wellness Show with a live demo on a full-sized court inside the Convention Centre. Experts will be available to answer all your questions about this sport that continues to gain popularity while giving participants a chance to play and have fun.

Attendees can again utilize the Rest and Relaxation Lounge decorated by Elements Event Solutions, This area is a perfect spot for a moment to rest and review informatio gathered at the show.

The Wellness Show takes place at the [Vancouver Convention Centre](#), West Building located at 1055 Canada Place. Advance tickets for The Wellness Show are now available online for \$10 at <https://www.thewellnessshow.com/2025-tickets/>. Online tickets are available until Friday, January 31 at 10:00 pm. Tickets on the day of the event are \$12 and are cash only. Youth 15 and under can attend the event for free. The event runs Saturday February 1 from 10:00 am to 6:00 pm and Sunday February 2 from 10:00 am to 5:00 pm.

**Get Involved:** To stay up to date with the latest announcements, **sign up for the newsletter** and follow The Wellness Show on social media @wellnessshow for ticket information, exhibitor highlights, and more exclusive content leading up to the event.

The Wellness Show is made possible by our 2025 sponsors which include [Country Golden Yolks](#), [Element Event Solutions](#), [Tumbletown Movement Education Centre](#) and [Mushrooms.Canada](#).

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## **ABOUT THE WELLNESS SHOW**

Developed, marketed, and produced by New Rave Productions, the Wellness Show has grown to be one of the largest consumer shows of its kind in Western Canada. The two-day show, now in its 32<sup>nd</sup> year, features 200 exhibitors, 100 speakers and demonstrations, and welcomes over 20,000 visitors annually.

## **ABOUT NEW RAVE PRODUCTIONS**

New Rave Productions has produced events for almost 40 years. Founded and led by Jeannette Savard; NRP specializes in outdoor events, conferences and consumer shows. Our attention to detail, excellent customer service, and industry-relevant expertise combine to create the best event experience for you.

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For photos from the 2024 Wellness Show, [click here](#).

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