Join us for the 12th Annual

ottawa health & wellness expo

be fit

eat right

think well

go green

EXCLUSIVE MOVIE SCREENING 3:00 pm

Saturday January 27th, 2018 9am - 5pm

Shenkman Arts Centre • Orléans, ON

- ✓ Over 100 exhibitors in the Be Fit - Eat Right - Think Well - Go Green categories
- ✓ Breakout Session Speakers
- ✓ Live Cooking & Fitness Demos
- ✓ Meditation & Yoga Sessions
- ✓ Leadership in Health Awards

Featured Speakers

10:30 am

Lianne Lang

My Journey

11:00 am

Dr. Nathalie Beauchamp

Is it Healthy or Not? Discover What is Actually Best For YOU!

1:00 pm

Dr. Steven Geanopulos

Your Brain: In Fitness, Aging and Injury

Tickets

$10 for General Admission (includes Expo Speakers)

$15 for General Admission & *HEAL* Movie Screening

Purchase your ticket online or at the door

Kids under 12 get in for free

www.OttawaHealthandWellnessExpo.com