



## Sidney Health Fair

Working Together for a Healthy Community

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### NEWS RELEASE

For Immediate Release

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### Sidney Community Health Fair Kicks-Off Its Fourth Year

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#### Greens+ Founder, Health Author Among Keynote Speakers

The fourth annual Sidney Health Fair, happening May 29 and 30, 2010 at the Mary Winspear Centre, will feature an exciting line up of keynote speakers from the best in the health and wellness field and will include Sam Graci, Greens+ founder, Lorna Vanderhaeghe, author and women's health expert, fitness guru Brad King, Clive Langton, Director of the Raw Food Society of BC, Dr. Kate Rhéaume-Bleue, author, educator and naturopathic doctor and Tamara Strijack, a clinical counsellor. Presented by the [Sidney Integrated Wellness Community Society](http://www.sidneyhealthfair.com) (SIWC), tickets for this popular event go on sale on April 7.

"The theme for this year's fair is 'Back to Basics,'" says Britta Frombach, president and co-founder of the Sidney Integrated Wellness Community Society. "We'll have something for everyone: advice for healthy living at every age, raw food demonstrations, 'storyoga' for kids, a youth area, and we're adding a local farmer's market for the first time." Attendees will be treated to live music provided by inspirational classical guitarist Brad Prevedoros, as well as demonstrations, author book-signings, healthy food options and presentations from health experts. The fair will feature all local businesses and health practitioners, making it a truly community-focused event.

Tickets at the door are \$7 for adults, \$5 for students and seniors, and children 12 and under are free. Early bird rates, weekend passes and corporate ticket packages are also available. For tickets, call the Mary Winspear Centre at 250.656.0275 or visit [www.sidneyhealthfair.com](http://www.sidneyhealthfair.com) for a list of Victoria and Sidney vendors carrying tickets.

#### About Sidney Integrated Wellness Community Society

Founded in September 2006, the Sidney Integrated Wellness Community Society (SIWC) is a non-profit health and wellness association with members throughout the Saanich Peninsula. The SIWC serves the Island community using an integrated, multi-disciplinary approach to healing. It endorses Islanders who are "working together to create the healthiest community in the world" in traditional and alternative health-care choices.

**For information, keynote speaker interviews and photos, please contact:**

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