



Sidney Health Fair

Working Together for a Healthy Community

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NEWS RELEASE

For Immediate Release

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Eleven Speakers, 100 Booths, 12 Workshops - A True Community Health Fair

The fourth annual Sidney Health Fair, happening May 29 and 30, 2010 at the Mary Winspear Centre, has a great local speaker line-up, including Vancouver Island's own Carolyn Herriot, author of the Zero Mile Diet, Hazel Loewen, relationship expert, Rick Silas, local artist and community arts advocate, Clive Langton, Director of the Raw Food Society of BC, Karen McCoy, TV fitness personality, Dave Friend, Mr Organic, and Tamara Strijack, clinical counsellor. The Fair also has well-known health experts such as Sam Graci, founder of Greens +, Brad King, fitness guru, Lorna Vanderhaege, women's health expert and Dr. Kate Rhéaume-Bleue, an expert in natural medicine, plus a panel discussion with four local experts discussing health and community.

The fair will also bring together the community in a local farmer's market, an interactive youth area complete with a DJ, as well as a series of workshops and demonstrations for all ages and interests. Workshop topics hosted by local practitioners include mineral makeup from Paperdoll, raw food preparation, art therapy, meditation, healthy cooking with Taste of Life Catering, arthritis therapy and self-management, AMEGA wand wellness and healing and Healthier Choices products. For the kids, there will be Storyoga, fun and learning with Mr. Organic, Lifecycles, the Peninsula Streams Society, the Compost Education Centre and a station where can learn about recycling with H.O.P.E (Helping Our Peninsula Environment).

Admission is \$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 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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