



Sidney Health Fair

Working Together for a Healthy Community

2048 Melville Drive, Sidney, British Columbia, V8L 2N1

Tel: 250.655.0515 Fax: 250.655.0513

www.sidneyhealthfair.com

FACT SHEET

Event: 4th Annual Sidney Health Fair

Founded By: Sidney Integrated Wellness Community Society (SIWC Society)

Date and time: May 29 and 30, 2010, 9:30 am – 5 pm

Location: Mary Winspear Centre
2243 Beacon Avenue, Sidney, BC

Keynotes: Brad King, Fitness and performance nutritionist
Lorna Vanderhaege, Women's health expert
Dr. Kate Rheaume-Bleue, Canadian health expert
Karen McCoy, TV fitness personality
Clive Langton, Director of the Raw Food Society of BC
Dave Friend, Mr. Organic
Sam Graci, Greens Plus
Hazel Loewen, Psychotherapist
Pacific Institute of Sport Excellence athlete
For more information on presenters and their talks, please visit www.sidneyhealthfair.com

Attendance: 2009 Sidney Health Fair 1,334 visitors
2008 Sidney Health Fair 1,400 visitors
2007 Sidney Health Fair 300 visitors

Exhibitors: 85 booths with practitioners specializing in health care and wellness services

Live Music: Brad Prevedoros, classical guitarist from Galliano Island, BC

Activities:

- Keynote speaker presentations and book signings
- Demonstrations including those on food, fitness, environmental friendly living and health
- Youth and kids activities including kids yoga and a skate/bike park
- A local farmers market featuring farmers from the Peninsula
- Giveaways and door prizes

Admission Cost: Adult single day tickets: \$7.00 at the door, \$5.00 in advance
Adult weekend passes: \$12.00 at the door, \$9.00 in advance
Students and seniors single day tickets: \$5.00 at the door, \$3.00 in advance
Students and seniors weekend passes: \$8.00 at the door, \$5.00 in advance
Children 12 and under are free
Corporate advance ticket packages: \$40 for 10 tickets, \$70 for 20 tickets

Demographics: Adults 25-55, Seniors, Teens, Families

Psychographics: People interested in the following topics: traditional and alternative health-care choices; sports and fitness; traditional and complementary medicine; yoga; wellness; food and sustainability

SIWC: Founded in September 2006, the Sidney Integrated Wellness Community Society is a not-for-profit group of health care practitioners and wellness providers from the Saanich Peninsula who serve the Island community using an integrated, multi-disciplinary approach to healing. The Sidney Health Fair was created as a collaborative community tool to inform the public on choices and new innovations in traditional and alternative health and wellness options.

For more information, photos and interviews, please contact:

Sarah Milner, Public Relations Consultant

sarah.milner@shaw.ca

250-882-1188

David Alexander, Public Relations Consultant

d-alexander@shaw.ca

250-885-8665