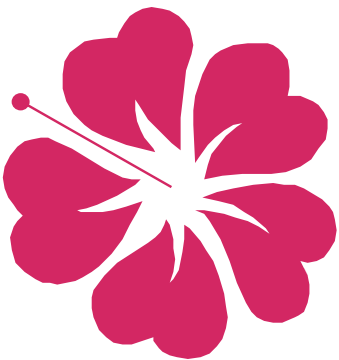




Community Wellness Fair

*Saturday, April 2, 2011, 10am to 3pm • Free Admission
Port Moody Recreation Complex, 300 Ioco Road, Port Moody*



Refresh, renew & re-energize! Discover the latest innovations for health at Port Moody's Community Wellness Fair. Meet specialists covering everything from diet and exercise, chemical-free home cleaning, beauty care and even pet health. Watch demonstrations of the newest fitness styles, listen to speakers about health and wellness, or sample healthy treats while you visit over 40 exhibitors. Be sure to bring the kids for free entertainment in the Kids Zone. Get the expert know-how to make those lifestyle changes for the better!

Make sure to check out:

- Kids Zone with bouncy castle
- The Purple Pirate children's entertainer
- Free personal training consultations
- Holistic Nutrition

Guest speakers from Cedric Centre, Ray Clinic Naturopathic, Veracis Wellness, & more

- Demonstrations for Zumba, Capoeira, Girls on the Go, Adventure Boot Camp & Breakdancing