

> HEALTH

Wellness Fair going interactive

Demos, products and movement featured at Saturday event, part of Wellness Week

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Imagine finding handmade flutes, organic chocolate, healing salves, information on nutrition, supplements and detoxing, cooking demonstrations, and information on meditation all under one roof – for free. All this and more is on the table, literally, at Whistler's fourth annual Wellness Fair this Saturday (May 12) at the Telus Conference Centre.

With more than 50 tables and booths with wellness products and demonstrations from the Sea to Sky region and across B.C., and free seminars all day, the fair offers a wide range of wellness information and options to allow people to get an idea of the wellness opportunities that are available.

"We can all try (the offerings) as a smorgasbord – try a little bit from each and find out what you like and what fits," said organizer Roxanne Chappell. "So the public can make their own intelligent choice."

"I really hope that it opens people's minds more to the power of the body and the mind together."

New this year at the fair are slow food cooking demonstrations, with a variety of chefs offering recipes and cooking tips for locally grown produce throughout the day. Participants can celebrate the first of the local harvest and learn how to cook like the pros.

Several businesses that are new to the fair will have their products and services on display. They include the feather hack (a hackie sack made from feathers), healing music from Peaceful Spirit Flutes and healthy indulgence from Zazu-bean organic chocolates.

Many stations will be interactive with products to try, demonstrations and movement.

"It's going to be a really interactive fair this year," Chappell said. "People are going to learn about how the body works, how to keep it healthy, how to make it strong."

Also new this year is live music by the Salt Spring Fiddle



PHOTO SUBMITTED

Attendees discover options for body and mind at last year's Wellness Fair.



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Try products such as the massage "Stick" at the fair.

Troupe, a group of eight violins and a piano playing a variety of international folk music.

Guest speakers will be on hand providing free seminars every half hour starting at 10:30 a.m. on topics such as "Modern Skin Care for Outdoor Lifestyles," "Superfoods, Using Food to Detox," and "Zen Shredding."

The fair is energetic and full of people who are open to new wellness possibilities.

"It's just great energy and a real good feeling for everybody," Chappell said. "People who come are looking for things that will make them healthier and happier."

Over the past four years the fair has continued to grow as the interest in wellness products, services and activities has become more mainstream. The fair started

with a small group of locals at one of the schools and has become one of the highlights of a weeklong celebration of wellness in Whistler.

The fourth annual Whistler Wellness Fair takes place Saturday (May 12) from 10 a.m. to 5 p.m. at the Conference Centre. Admission is by donation, with part of the proceeds going to Pearl's Place Transition House for women and children. Visit www.whistlerwellness.com for a schedule of seminars and a list of exhibitors.

The Wellness Fair is part of Whistler Wellness Week, on now through Sunday (May 13) and including fitness classes, inspirational seminars, group meditation sessions, spa specials and more throughout the resort. Visit the Whistler Wellness website for all the details.

Congratulations Whistler Blackcomb on the Peak to Peak Gondola!



The Whistler Chamber of Commerce would like to sincerely congratulate Whistler Blackcomb for making this incredibly bold investment in our town and in our economy.

GO WHISTLER!



WHISTLER

THE BEARS ARE BACK

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All garbage disposal sites must use either a wildlife resistant enclosure or wildlife resistant container.

All residents must use the residential wildlife resistant disposal system or deliver domestic garbage to the municipal garbage compactors.

Feeding dangerous wildlife (bears, cougars, coyotes or wolves) is prohibited.

No domestic garbage and no food waste or other edible waste that could attract dangerous wildlife shall be stored outdoors, including on any patio, balcony or deck.

For a complete copy of the Garbage Disposal Bylaw, please visit our website at www.whistler.ca.

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