

Looking to Grow?

We can help you thrive



Co-Presenting Sponsor



MARKHAM
ECONOMIST & SUN

Presents

2nd Annual thrive

THE HEALTH & WELLNESS EXPO

January 30 & 31, 2016

Hilton Toronto/Markham Suites
Conference Centre & Spa

Knowledgeable Speakers, Fun Demos and Lots of Exciting Exhibitors!

THRIVE 2016 SEMINAR SCHEDULE

SATURDAY JANUARY 30TH

9:30 am - 10:15 am	Bollywood Fitness
10:20 am - 10:50 am	Silver Leaf Spa
11:00 am - 12 noon	Bryce Wylde
12 noon - 1:00 pm	Jennifer Steeves - Psychology Professor
1:00 pm - 2:00 pm	Brian Gangle
2:00 pm - 3:00 pm	Bryce Wylde
3:30 pm - 3:55 pm	Gary Turner - Psychology Professor
4:00 pm - 4:30 pm	Angela Shim
4:30 pm - 5:30 pm	Taishan Tai Chi

Dance, Fitness and Yoga Demo
 How Stress Affects your Daily Life
 Debunking Detox: What works, what doesn't
 The Seeing Brain: How the brain compensates for the loss of vision
 Heal Yourself Heal Your Life
 Measuring Your Health Status: Managing your destiny
 The Healthy Aging Brain
 Rest, Re-vitalize & Restore with Amethyst, Infrared & Ionic Energies
 Tai Chi Demo

SUNDAY JANUARY 31ST

9:30 am - 10:30 am	Dolly Yoga
10:45 am - 11:45 am	Lauren Sergio - Associate Professor, Kinesiology & Health Science
12 noon - 1:00 pm	Rose Reisman
1:00 pm - 1:50 pm	Christine Jonas-Simpson - Nursing Professor
2:00 pm - 2:30 pm	Tami Willems
2:30 pm - 3:30 pm	Jill Hewlett & Dustin Widger

Yoga Demo
 Thinking, moving, aging...all at the same time.
 Rose's Practical Approach To Balanced Living
 Thriving with Dementia at the Dotsa Bitove Wellness Academy
 The Healing Power of Perception
 90 For Life - Healthy Longevity

SPACE IS FILLING UP FAST!

Reserve your booth Now!

For more information: 905-943-6112 • thriveexpo.ca