

# 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 30<sup>TH</sup>

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	<b>Jennifer Steeves - Psychology Professor</b>
1:00 pm - 2:00 pm	Brian Gangle
2:00 pm - 3:00 pm	Bryce Wylde
3:30 pm - 3:55 pm	<b>Gary Turner - Psychology Professor</b>
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 31<sup>ST</sup>

9:30 am - 10:30 am	Dolly Yoga
10:45 am - 11:45 am	<b>Lauren Sergio - Associate Professor, Kinesiology &amp; Health Science</b>
12 noon - 1:00 pm	Rose Reisman
1:00 pm - 1:50 pm	<b>Christine Jonas-Simpson - Nursing Professor</b>
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](http://thriveexpo.ca)