

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 James R. Elliot
2:30 pm - 3:30 pm Jill Hewlett & Dustin Widger
3:30 pm - 4:00 pm Tami Willems

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
Mindset and nutrition for New Year's resolutions.
90 For Life - Healthy Longevity
The Healing Power of Perception

SPACE IS FILLING UP FAST!

Reserve your booth Now!

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