



Rapids Health & Wellness Fair

Saturday March 25th, 2017 - 10am to 5pm

Eden High School, 535 Lake Street, St Catharines

An engaging event, for all ages about  
What to **eat**, How to **play** & How you **live!**

Explore the **Vendor Fair**, with exciting products & services,  
while you enjoy some tasty fresh foods!

### FREE Speaker Series

- 11 am**      **7 ways to have More Energy Every Day!**  
Martha Wilmore, author, educator & certified Nutritional Consultant
- 1 pm**        **Coming out of the Dark** – Healing Injuries & Concussions  
by Registered Physiotherapist, Courtney Franks
- 3 pm**        **Body Imaging – Positive & Negative**  
by Julie Hambleton, Certified Personal Coach

### ALL DAY 'play'!

Visit the main gym throughout the day to be entertained by volleyball demonstrations, representing all age levels and skills.

### PLUS Brock Women's Volleyball Team!

Only \$2 admission

We're also collecting non-perishable food items for Community Care.



@EatPlayLiveFair

Proceeds from the Fair will  
benefit the Niagara  
Rapids Volleyball Club.

