



## Sidney Health Fair

Working Together for a Healthy Community

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### NEWS RELEASE

For Immediate Release

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### SIDNEY HEALTH FAIR SHOWCASES ENVIRONMENTAL PARTNERS

#### Heating Comes Naturally to the Sidney Pier Hotel & Spa

As part of **The Sidney Health Fair's** pre-event community activities, the Fair has partnered with the **Sidney Pier Hotel & Spa** to offer free tours of the hotel's unique geo-thermal heat pumps. This event is open to the public on May 15, 2010 at 11am, and will showcase how the custom designed geo-thermal heat pumps warm and cool the hotel and spa by borrowing and returning excess heat from the ocean, reducing energy consumption by up to 60 percent.

"Taking steps to create balance in our external environment, like what the Sidney Health Fair's partner the Sidney Pier Hotel & Spa is doing, is one of the ways to make a difference in our community," says Britta Frombach, president and co-founder of the Sidney Integrated Wellness Community Society, which organizes the Fair. "What we're striving for with the Fair is to provide education around health options that include both our external and internal environments," adds Frombach.

Located at 9805 Seaport Place in Sidney, people can reach the Sidney Pier Hotel & Spa to book their tour or get more information by calling the at 250-655-9445.

#### About the Sidney Health Fair

The 4th annual Sidney Health Fair returns to the Mary Winspear Centre May 29 and 30, 2010. Keynote speakers are Sam Graci, Greens+ founder, Lorna Vanderhaeghe, women's health expert, fitness guru Brad King, Clive Langton, Director of the Raw Food Society of BC, Dr. Kate Rhéaume-Bleue, naturopathic doctor and Tamara Strijack, a clinical counsellor. The fair will feature over 100 indoor and outdoor booths showcasing healthy living, including a farmers market, a youth area and demonstrations such as raw food preparation and story yoga for kids. For more information, please visit [www.sidneyhealthfair.com](http://www.sidneyhealthfair.com).

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