

4th ANNUAL SIDNEY HEALTH FAIR - OPENING CEREMONY FRIDAY May 28th Consider attending this event to connect with your fellow wellness providers! This Ceremony is one example of what sets us apart from other events of this nature. The focus for us is creating a true community event-joining together to shift the paradigm in regards to wellness.

Time: 6:00 pm to 6:20 pm **Location:** Charlie White Theater
Program: Blessing to set the tone for the weekend and expression of gratitude.

Following the ceremony you will have the opportunity to get refreshments at the cash bar in front of the Charlie White Theater & then meet and mingle with all Sponsors, Keynotes, Presenters and Exhibitors in attendance in the Gallery area with light refreshments. Feel free to bring along your significant other!

FOOD BANK CONCERT AND SPECIAL INVITATION

Jim Townley from Fresh Cup who is unstoppable in his efforts to raise money for the foodbank is arranging a concert packed with entertainment that kicks-off the 4th Annual Sidney Health Fair.

Fresh cup is organizing the concert and SIWC will help raise money for the Sidney Lions Food Bank by providing them with a booth. Combining our energies made a lot of sense and we are pleased to be working together for our community!

As a special service we have arranged with Jim Townley to get 60 tickets for the price of \$ 20.00 each (instead of \$45.00 each) to this concert. This price includes fantastic entertainment from local talent, refreshments at intermission and a CD (*Feed the Soul "Second Helping"*) of the local artists from the concert.

These 60 tickets will be sold as first come first serve and are only being offered to participants of the Sidney Health Fair (ie. Sponsors, Keynotes, Presenters and Exhibitors). Please email Susi McMillan at srlm@shaw.ca if you are interested in a ticket by May 17th. There are more tickets available as the Charlie White Theatre holds 310 people but we wanted to have proceeds go to the Food Bank as much as possible.

All proceeds of this concert go to the Sidney Lions Food Bank and every donation is welcome. Please go to the website and learn more about the concert. Click on the guitar.
<http://www.westcoastacoustic.ca>. Doors open for the concert at 6:30 and the music starts at 7:00 pm.

We look forward to seeing you there!

In good health,
Your Health Fair Team and the Westcoastacoustic Team