


Exchange Time	Workshop	Contact	Workshop Description
Saturday			
10:15 - 10:45	Healthier Choice	<p>Darlene Thompson (The Healthier Choice) Presenter: Danielle Marley (250 818-6191) thehealthierchoice@shaw.ca 778 678-2742</p>	<p>Healthier Choice</p> <p>The Ganoderma Herb has existed for more than 4,000 years. It has been proven to increase the body's resistance to the effects of fatigue, trauma, stress and anxiety. Healthier Choice has developed a way to make the benefits of this powerful herb available to you by blending the Ganoderma Herb into beverages, capsules and other convenient products.</p> <p>Danielle Marley's fun presentation will demonstrate the many health benefits of Healthier Choice products and their effectiveness as a coffee alternative and daily use supplement.</p> 
11:15 - 11:45	Mineral Make-up	<p>Carmel Graham (Green Village) carmel@paperdollminerals.com 250 213-8206</p>	<p>Paperdoll Mineral Cosmetics</p> <p>We've all heard the buzz around mineral make-up, but why is it so hot? Paperdoll Mineral Cosmetics are hand-crafted, chemical-free and long lasting, which make them the healthy choice for your skin and our environment.</p> <p>Carmel Graham will demonstrate how to choose the right color for you, how to apply it and show you why mineral make-up is so good for your skin. This is the demo to see!</p>



12:10 - 1:00	Meditation	<p>Brad Morris bradidude@gmail.com 778 433-7198</p>	<p>Cowabunga Meditation: Tuning in to the Sacredness of Breath</p> <p>Cowabunga Life! is a unique meditation and spiritual adventure company, which strives to bring people together with a sense of community and greater awareness. Cowabunga meditations invite all walks of life to come together to support each other in transformational and fun experiences.</p> <p>Join us for an invigorating meditation with Brad Morris, founder of Cowabunga Life!, as he leads us through a heart-centred, free-flowing, come-as-you-are meditation that will have you blissfully buzzing.</p>
1:15 - 1:45	Taste of Life Catering	<p>Samantha Wiger 778 426-1999 info@tasteoflifecatering.ca</p>	<p>Taste of Life Catering</p> <p>Whether you are hosting an intimate dinner party or the wedding of your dreams, Taste of Life Catering is here to serve you. Using only the freshest local ingredients, our professional staff strive to make our events the best on the Saanich Peninsula.</p> <p>Come see Samantha Wiger work her culinary magic as she creates a masterpiece before your eyes.</p>



2:15 - 2:45	Raw Food	<p>Jennifer and Joslynn (J&J Raw Food) wearelivingraw@gmail.com 250 652-1051 or 250 656-9793</p>	<p>Chocolate-Making: Raw and Healthy</p> <p>Jennifer & Joslynn started J & J Living Raw Foods Ltd. because of their strong belief that eating raw foods greatly enhances overall health.</p> <p>Join J&J as they demonstrate how easy it is to make your own delicious and nutritious chocolates! No kidding! Raw cacao powder is extremely high in anti-oxidants and other elements that are vital to your health. All ingredients are raw and organic. Recipes will be provided and ingredients will be for sale at our booth.</p>
3:15 - 4:00	Arthritis Society	<p>June Painter 250 519-4002 JPainter@bc.arthritis.ca</p>	<p>Osteoarthritis: What Can I Do About It?</p> <p>Osteoarthritis is the most common type of arthritis affecting one in ten Canadians. If you or someone you love is living with this painful disease, join us for an educational workshop that will focus on non-medical therapy for osteoarthritis self-management.</p> <p>Elaine Kilpatrick, a former registered nurse with the Victoria Arthritis Centre, will discuss vitamins and supplements (such as Vitamin D, Omega 3, Glucosamine Sulphate and MSM), complimentary alternative treatments (such as acupuncture, massage, ice/heat therapy, relaxation techniques and exercise) as well as health professional and other educational resources.</p>

Sunday			
10:15 - 10:45	AMEGA	<p>Christine Hade and Daryl (AMEGA Wand) 250 479-9749 Chcm27@gmail.com</p>	<p>AMEGA Wand</p> <p>Today's fast-paced lifestyle and the environment we live in can make stress and disease inevitable. However, our bodies possess the innate ability to maintain health, harmony and well-being and it is possible to prevent many illnesses and optimize our health by taking a wellness care approach.</p> <p>Christine Hade and Darryl Gurney will demonstrate a revolutionary new technology that can assist your body in maintaining natural wellness and healing.</p>
11:15 - 11:45	Raw Food	<p>Jennifer and Joslynn (J&J Raw Food) wearelivingraw@gmail.com 250 652-1051 or 250 656-9793</p>	<p>Quick and Easy Snacks: Raw-Style</p> <p>Jennifer and Joslynn will show you how easy and delicious it can be to make your own raw-food snacks! Come and learn more about preparing raw food in more ways than you can imagine. They will demonstrate how to make tasty snacks including "zucchini hummus", "do-nut holes" and a "superfood smoothie". No fancy equipment needed – only a blender, food processor, sharp knife and cutting board!</p>
12:10 - 1:00	Meditation	<p>Brad Morris bradidude@gmail.com 778 433-7198</p>	<p>Cowabunga Meditation: Tuning in to the Sacredness of Breath</p> <p>Cowabunga Life! is a unique meditation and spiritual adventure company, which strives to bring people together with a sense of community and greater awareness. Cowabunga meditations invite all walks of life to come together to support each other in transformational and fun experiences.</p> <p>Join us for an invigorating meditation with Brad Morris, founder of Cowabunga Life!, as he leads us through a heart-centred, free-flowing, come-as-you-are meditation that will have you blissfully buzzing.</p>
1:15 - 1:45	Glisodin Skin Nutrients	<p>Corina Crysler (The Pier Hotel and Spa) info@glisodinskin.com 1-866-534-5868</p>	<p>Detoxing Your Way to a Healthier You!</p> <p>GLISODIN® Skin Nutrients is a unique ingestible nutraceutical product line developed to deliver critical nutrients to the skin and provide the best internal support for skin vitality and health.</p>

			<p>Join Corina Crysler, Nutritionist and Formulator of GliSODin Skin Nutrients, for a discussion about what 'detoxing' is, its benefits and an introduction to a variety of detox products on the market. She will discuss foods you can eat while detoxing and provide a basic grocery list to get you started. Finally, Corina will suggest a number of activities you can do to aid your detox process. This will be a fun and informative presentation!</p>
2:15 - 2:45	Mineral Make-Up Youth	<p>Carmel Graham (Green Village) carmel@paperdollminerals.com 250 213-8206</p>	<p>Now you have seen the benefits of mineral make-up and how to apply it, what next? In this workshop, Carmel Graham will demonstrate how you can turn only a couple of Paperdoll Mineral Make-Up products into an endless supply of custom cosmetics.</p>
3:15 - 3:45	Art Therapy	<p>Caroline Hutchison 250 654-0170 trinityarttherapy@shaw.ca</p>	<p>Trinity Health Services – Carolyn Hutchison</p> <p>Art therapy combines creative expression with psychotherapy to help improve emotional, spiritual, physical and mental wellbeing. Therapeutic art provides a mirror that can reflect unconscious thoughts and feelings that, once realized, can offer a new perspective and opportunity for change.</p> <p>Join art therapist Carolyn Hutchison for a fun interactive workshop where you will use image, colour and shape to explore the opportunity to connect with your authentic self.</p> <p>No previous art experience is required.</p>