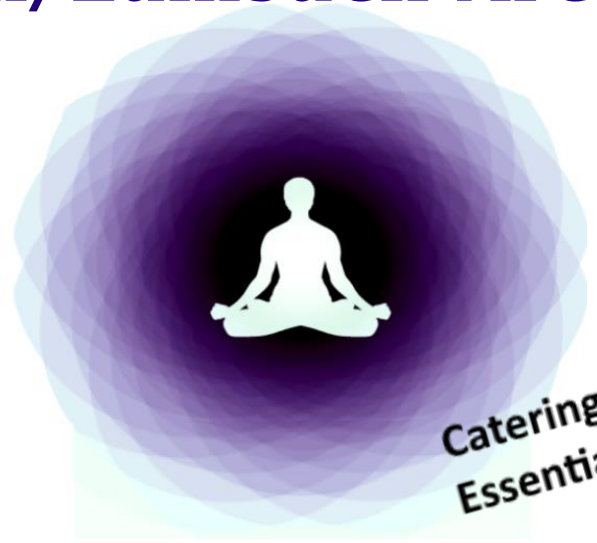


# 8th Annual Craven/Lumsden Area

# Healthy Living Expo

2 floors!  
Door Prizes!  
Tons of Vendors!



Catering by:  
Essential Eatery

Products & information to expand awareness of all aspects of health...  
our foods, our activities, products we use in our home, the environment we live in,  
our bodies, our souls, & our spirits. Offering a broad range of booths & info sessions.

## Vendors include:

•Tru Fit Health Coaching •Sylvia's Weighted Blankets •Sound Essences •Q Science •Howse of Gems •Just Gifts  
•Clear Health Clinic Dr Laura Stark (Sun only) •Crystal Clear •New Millennium •Norwex •Heart & Soul Messages  
•Last Mountain Electric •SOULar Powered Well-Being •Zen Room •LiquidLife •Awakening of Energy (Sat only)  
•Argyle Natural Health Center (Thermography) •Voxx and Reflexology •Young Living •doTerra •Scentsy •Gold Canyon  
•Quantum Wave Lasers •Arbonne •Spiritual Journey •Sho Tai •Vision Boards (Sun only) •Metal Majesty •Pure Blyss  
•Pure Harmony Natural Healing •Puretrim •Freedom Gardens •Elevacity •Magnolia and Vine •Mystic May •Expedia  
•Serenity Wellness •Sunrider/Chi Machine •Best All Surface Organics •Whispering Angels •Ladybug Healing  
•Infinite Potential Center •Touched by Grace •Creations by the Purple Lady •More than Sole Vibrations •Button Lady  
•Shannon Bochoruk (Aromatherapist) •Jamberry Nails •Higher Consciousness •Essential Eatery •Ariix •Gel Moment  
•C&C Organizing (Sat only) •Epicure (Sat only) •Gemini •Valentus •Wild Spirit Sanctuary (Sun only) •Tupperware  
•ThirtyOne Gifts •Pruvit •Soul Matrix Natural Healing (Fri/Sat only) ...and more

## Guest Speakers, Sessions & Classes:

(free with admission unless otherwise noted. Subject to change, check Facebook event for most up-to-date info)

### FRIDAY

6:00 *What Really Happens When We Die?* – Heart & Soul Messages - Michelle Roemer

7:00 *Shifting with Energy* - Serenity Wellness Center – Laurie Schnell

7:30 *Using Quantum Lasers for Pain and Trauma Release* - Laser Trauma Therapy

### SATURDAY

10:30 *Connecting with your Angels* – Higher Consciousness - Colleen Marcotte

11:00 *The Power of Appreciating Yourself in this Journey of Life* – Touched by Grace - Grace Howlett

12:00 *What is Sho- Tai* - Wayne Fullwaka

12:30 *Tuning the Human Biofield* - Pure Harmony Natural Healing – Deanne Garven

1:00 *Releasing Tension through Antigymnastique* - Zen Room – Jule Gilchrist

2:00 *Restore the Order: 5 Steps to Organize Your Space & Feel the Calm* - C&C Organizing – Bev Chandler

3:00 *Stress Reduction and Emotional Support with Essential Oils* - Shannon Bachorick CAHP

4:00 *Diastasis Recti – What is It?* - Tru Fit Diastasis Recti Rejuvenation – Candace Kullman

### SUNDAY

11:30 *Integrating Energy work and your career/job* - Realtor and Wellness Consultant – Belinda Ferguson

12:00 *Messages from Spirit* – No Holds Bar - Crystal Clear – Angele Tousignant

12:30 *Conscious Breathwork for Well Being* – SOULar Powered Well-Being - Donna Degooijer

1:00 *Astrology 101* - Spiritual Journey – Colleen Jorgenson

2:00 *Your RoadMap for Healing Cancer and Beyond-The Real Secret to Prevention*– Dr.Laura Stark

 Find us on  
**Facebook**  
[https://www.facebook.com/events/  
601401756907719](https://www.facebook.com/events/601401756907719)

(with spaces for easy reading:  
601 401 756 907 719)

**April 12-14, 2019 (Fri 4-8, Sat 10-6, Sun 11-4)**  
**Centennial Hall (40 3rd Avenue), Lumsden, Sk**  
**Debra Reid 306-731-2632**

**\$2 Admission – Admissions Proceeds to Regina Cat Rescue**

