

# Get a jump start on New Year's resolutions at Shelburne Health and Wellness Expo

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New Year's resolutions often include improving health and state of mind, seeking inspiration and setting goals. The Shelburne Health and Wellness Expo, to be held on Saturday, January 18 from 10 a.m. to 2 p.m. at Centre Dufferin District High School, is a great place to jump start those resolutions.

This is the fourth year for the event, and organizer Amanda Phillips says they have more vendors than ever before.

"The line-up includes a great mix of returning favourites, and brand new vendors, who branch out to cover more health and wellness products, and professionals who have opened new businesses in Shelburne," says Amanda Phillips.

The event was launched four years ago, when Ms. Phillips and friends noticed the same questions kept coming up on the Shelburne community Facebook groups.

"People were looking for recommendations for massage therapists, chiropractors, optometrists, dentists, fitness classes, etc. and all the replies were sending them out of town to Orangeville, or even to Alliston and Collingwood," she says.

She added, "We knew these services were in town, but it seemed many residents in Shelburne did not. That's when we got together to create an event that allowed the community to meet the professionals who were ready and waiting to serve them in Shelburne. We started off with a handful of brave local businesses, who took a chance on us, and now it's exploded to the point that we sell out within a week of registration."

For 2020 the event has "expanded to utilize more space" so that they "could accept even more vendors," says Amanda Phillips.

"Last year we added four workshops, which were a hit with the community and the presenters, so they are back again and there are now opportunities to shop for products. We are also excited to have the Dufferin Area Family Health Team joining us this year. It's an amazing opportunity for the community to meet their local physicians and staff."

Ms. Phillips notes there are several emerging trends in Health and Wellness care in Canada.

"Using Cannabis-based products to manage health issues, such as pain, as well as an aid for anxiety and depression, is gaining traction since the legalization of marijuana," she says. "Another is the growing interest in meditation."

Ms. Phillips says in a fast-paced world, people are busy with work, family, living - and it's taking a toll.

"We are starting to see the need for a moment of calm and stillness, where we can take a few minutes to regroup, breathe, and feel peaceful," she said. "Along the same lines, mindfulness is becoming important as we strive to be present in our life and experiences, instead of distracted by to-do lists and mindless activities."

Finally, she says, "I think mental health is really coming to the forefront as we see the need for improved services and support, and we understand more about mental illness and recognize its impact on the lives of people in our community."

Ms. Phillips told the Free Press, the most important benefit of the Health and Wellness Expo is "connection - for both the community and businesses." She says, "Many of the vendors don't have a way to make a personal connection with the community - to let them know what services they offer, or how they can help." (cont'd)

Four free workshops will be offered throughout the day at the January 18th Expo. Organizers say the workshops focus on fitness, nutrition, meditation, and connection, and will run on the hour. Workshops require registration at [shweworkshops@gmail.com](mailto:shweworkshops@gmail.com). and visitors are welcome to attend as many as they wish. Many vendors will be offering specials at the Expo, from products or memberships at discounted prices, to mini-services, such as card readings and massage.

?We have some fantastic door prizes this year,? says Amanda Phillips, ?including a wellness package from Shelburne Family Chiropractic and a six-week Yoga session with Catherina Satya Stilo. Ballots will be given to the first 50 people through the doors at Centre Dufferin District High School, starting at 10 am.? For more information visit: [Shelburne-Health-and-Wellness-Expo](#) on Facebook.