

## Health, Wellness Expo returns to Shelburne]

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Local Journalism Initiative Reporter

Shelburne residents looking to focus on health and wellness this year have an opportunity to learn more about the services available to them locally.

The Fifth annual Shelburne Health and Wellness Expo will be held on Saturday (Jan. 21) from 10 a.m. until 2 p.m. at Centre Dufferin District High School (CDDHS). Admission is free.

"It's an opportunity for local health, wellness, and fitness businesses to come together in one place," explained event organizer, Amanda Philip.

"It also gives the residents of Shelburne an opportunity to see, meet and talk to the businesses. They know they can have all their health, wellness, and fitness needs met where they live."

The Shelburne Health and Wellness Expo was started in 2017 by co-creators Amanda Philip and Leanne Williams. The inspiration behind the health and wellness event came from a desire to highlight local health and wellness business after repeated online recommendations to residents for businesses located outside of the Shelburne community.

"Everybody was always recommending practitioners who were out of town, but all of these people exist in Shelburne. You don't need to leave town to see somebody for your back or knee or if you need physio; we have that here," said Philip.

The Fifth Annual Shelburne Health and Wellness Expo will see over 40 vendors, demonstrations and workshops from a mix of registered practitioners, fitness professionals, holistic and alternative healers, and health and wellness products.

"We do have our core group of vendors who return annually, and compared to our last event in 2020, it's half returning and half brand new vendors. This show is never the same show twice," said Philip.

Some of the returning businesses, who have been a part of the expo since its inaugural event in 2017, include David Egbert from Shelburne Physiotherapy Centre, Dr. Richard Magder from Shelburne Family Chiropractic and Wellness, and Young Living Essential Oils representative, Christina Schlecht.

The workshops featured at the event will include; Burn Belly Fat While Eating the Foods You Love, hosted by health and wellness coach Fanny Martin; Conquer Your Cravings led by Rachel Marie, a holistic nutritionist and certified sugar addiction recovery coach; Menopause and Hormones presented by Dr. Nicole Roberts, a naturopathic doctor at Shelburne Family Chiropractic; and Discover Your Purpose with Human Design held by health and wellness coach, Amanda Lamb.

"We are completely full. I've never had this much of a reaction for people wanting to come to the workshops," said Philip. "They've always been good and something of interest, but this year, people are just wanting information and to me that's really exciting."

A focus of the expo is its range of health and wellness practices including both traditional and alternative business.

Philip said the variety gives a more well-rounded look at approaches to both health and wellness.

With the Shelburne Health and Wellness Expo now at its fifth annual event and making a return after a two-year hiatus, Philip is looking to see a reinvigoration of interest from the community.

?The population of Shelburne has exploded so there's more people in the area to take advantage of the businesses that are here and who may not know what is available in town.?

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For more information about the event contact the Shelburne Health and Wellness Expo by email at [theshwe.info@gmail.com](mailto:theshwe.info@gmail.com) or by phone at 519-939-6861.