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Shelburne Health and Wellness Expo returning to Centre Dufferin this weekend

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LOCAL JOURNALISM INITIATIVE REPORTER

Shelburne residents will have the opportunity to learn more about the health and wellness services available in their community with an upcoming annual event.

The Shelburne Health and Wellness Expo will be returning to the community for its seventh year on Saturday (Jan. 18) from 10 a.m. to 3 p.m. at Centre Dufferin District High School (CDDHS).

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

?If we're not supporting the businesses who are local and providing services and products, they're not going to exist anymore,? said Philip. ?People are really surprised to find out what is available in Shelburne or within a short drive. It's really exciting to have an event for residents, where they can go and learn, meet people, interact and find professionals who can become part of their regular support system for their health and their family's health.?

The 7th Annual Shelburne Health and Wellness Expo will feature nearly 60 vendors, demonstrations and workshops from a mix of registered practitioners, fitness professionals, holistic and alternative healers, health and wellness non-profits, and product sellers.

?We have an incredible mix of returning and new vendors,? said Philip.

The workshops featured at the event will include Growing Gratitude hosted by Tiffany McCabe; Meditation for Beginners presented by Jennifer Cluley; Taking Somatic Breathwork to a New Level hosted by And?Just Breathe; and Living Well with Osteoarthritis: Diagnosis, Treatment, and Management led by David Egbert.

With this year's event, Philip is looking to specifically highlight mental health services and products available to community members.

?We have a few mental health practitioners and people who are offering support services as vendors and one of our workshops is with an art therapist and focuses on mental health,? she said.

A significant component of the expo is the focus on sharing a wide range of health and wellness practices, including both traditional and alternative health businesses.

?There is definitely a place for both types of health in our community,? said Philip. ?As the years go by, people are feeling very disconnected from what it means to be human and realizing that implementing different strategies is helpful.?

The 7th Annual Shelburne Health and Wellness Expo will be held on Saturday (Jan. 18) from 10 a.m. to 3 p.m. at Centre Dufferin District High School (CDDHS).

Admission is free.

?Everyone deserves good health. They deserve to have good mental health and they deserve to be physically healthy. This is an opportunity to meet the businesses in our community who want to help you achieve your best health possible,? said Philip.

For more information about the event, visit the Shelburne Health and Wellness Expo website at www.theshwe.com or email theshwe.info@gmail.com.