

For Immediate Release

NEWS RELEASE

Attention: General Assignment, Health, Nutrition, Wellness Editors and Reporters

A TOTAL MIND-BODY MAKEOVER AT THE ORLEANS WELLNESS EXPO

ORLEANS, ONTARIO, January 15, 2011: On a quest to make Ottawa one of Canada's healthiest cities, Dr. Nathalie Beauchamp and Deborah MacDonald present the 5th Annual **Orleans Wellness Expo**. Formerly the Orleans Green Wellness Expo these two fearless women spearheaded this initiative 5 years ago and International Creating Wellness™ Expos are now running simultaneously across North America on the same day.

Both Wellness Experts, Dr. Nathalie Beauchamp is owner of *Beauchamp Chiropractic: A Creating Wellness Centre*, and Deborah MacDonald is Executive Director of EvolvHealth. The **Orleans Wellness Expo** will be held this year on **January 22, 2011** from **10 am to 4 pm** for the first time at the **Shenkman Arts Centre**, 245 Centrum Boulevard, Orleans. Tickets are only five dollars and available at the door - free for children under twelve. This year's Expo includes:

- Over 90 health and wellness exhibitors with an Expert Q & A doctor's health panel
- Hot 89.9 live on location with amazing prizes drawn hourly including Wellness Gift Bags
- Movie screenings of Food Matters and Making a Killing
- Live demonstrations including a Fitness Fashion Show
- Grand prizes by Bourget Inn and Spa, La Maison d'Or, Tripp Photography, a 1 year Goodlife membership and more (pre-registrations on line at www.orleanswellnessexpo.com)
- Special appearance by Major Jim Watson to endorse Wellness Day in Ottawa
- Proceeds benefit the kid's fitness program of Orleans Cumberland Resource Centre

This event is in its 5th season and has expanded to include award winning documentaries and the doctor's health panel to educate, create awareness and inspire people to lead a healthier lifestyle. "All vendors are in-line with our slogan of Be Fit - Eat Right - Think Well - Go Green so people can learn firsthand from these local resources how to take better care of themselves, their community and their planet," explains Dr. Nathalie Beauchamp.

Whether you want more information on managing stress, natural beauty products, health care professionals, natural and safe supplements or how to have a greener home, show attendees will leave with a wealth of information and knowledge. "My goal was to develop a show focused on healthy lifestyle choices that improve mental, physical and bio-chemical health," says Nathalie, "the inspiration came as a direct result of the questions I was being asked by my patients on a regular basis." Please visit www.orleanswellnessexpo.com for more information and be part of this amazing community event.



be fit • eat right • think well • go green

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