

NEWS RELEASE

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

VOTING NOW OPEN FOR THE LEADERS IN HEALTH AWARDS AT THE ORLEANS HEALTH AND WELLNESS EXPO

OTTAWA, January 3, 2012 – On January 21, Ottawa will be focused on getting back into their 2012 health and wellness resolutions at the Orleans Health and Wellness Expo. This year Ottawa residents can vote for our top wellness leaders in the city.

The Leadership in Health Awards is an exciting new initiative. It is a celebration and recognition of outstanding achievement in the field of health and wellness. Any individual, organization, or business that has contributed to our community's health is eligible for an award in a large variety of categories. Receiving a Leadership in Health Award is both an honor and a privilege.

Voting is now open at www.orleanshealthandwellnessexpo.com until January 15. Finalists include:

Eat Right Award

This person/business strives to better the quality of Ottawa's food supply; producing, advocating for, or distributing foods that are sustainably produced and are of significantly higher quality than food in the general food chain.

Kathy Smart, Live The Smart Way
Dr. Emile Compan, B.Sc., N.D., Fallingbrook Naturopathic Clinic
Natasha Kyssa, Simply Raw
Natalie Goolamallee, Canadian School of Natural Nutrition

Be Fit Award

This person/business has made a significant contribution to the Ottawa Area by promoting health and wellness through healthy exercise. Their health program is centered around educating and encouraging healthy exercise habits.

Janet Fougere from Janet Fougere Personal Trainer
Jason Bellefleur from Family Physio Therapy Center Orleans
Derek and Angie Kendrick from Orleans Shala Yoga
Adrian Delorey from 180 Fitness



Think Well Award

This person/business helps the people of Ottawa achieve better mental health. They assist their clients in overcoming mental health barriers and help them live happier, more productive lives.

Betty Healy from Roadsigns
Angelika Niedling from Simply Angelika
Linda Therien from Life Health Healing Center
Maira Hutchinson from Wellness with Maira

Go Green Award

This person/business has been involved with the development and/or implementation of programs, policies or products designed to promote the health of our environment.

Ruth Lewis-Tratch, Shaklee
Diane Laplante, Norwex
Jerome Castonquay, Solar Logix
Nick Prince, Box Your Move

Lifetime Achievement Award

This person/business has contributed to the health and wellness of Ottawa and surrounding areas over the course of many years. Their life-long commitment and dedication has made Ottawa a healthier place to live.

Dr. Nathalie Beauchamp, Beauchamp Chiropractic: A Creating Wellness Centre
Gilles Chenier, Pantry Plus
Janet Gray, Investors Group

About The Orleans Health and Wellness Expo

This event is in its 6th season and has expanded to include award winning documentaries and leader health experts 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.



For more information, please contact:

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A stylized graphic of a human figure in shades of green and blue, positioned in the bottom right corner of the page. The figure is composed of simple curved lines and a circular head, suggesting movement or a healthy lifestyle.

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