

Healthy Lifestyle

Wellness Expo focuses on balancing body, mind and finances

■ Sara Ditta

The organizer of a Wellness Expo planned for this month says she wants to help promote healthy lifestyles much closer to home for east-end residents.

The new event was created by local chiropractor, Dr. Nathalie Beauchamp of Beauchamp Chiropractic, who hopes it will help residents gain easier access to local experts on healthy living.

"We don't have anything else like it here," said Beauchamp. "And I find a lot of the time we have to go downtown for professionals and people might not be aware that we have a lot of them here in the east end."

There was also difficulty in finding a large enough venue in the area for the expo to hold lectures and accommodate vendors. After considering high schools and the town hall, the organizers chose the Orléans Cultural Centre.

The day-long event will be held on March 26 and will feature lectures by guest speakers and various demos of tai-chi, yoga and pilates.

Beauchamp came up with the idea based on her experience with patients asking various questions ranging from advice on health supplements to tips on exercise methods. The purpose of the expo is to get a number of different health providers in one place to address such health-related questions.

She says she expects people will have diverse experiences at the event, depending on what they are looking to learn at it, adding the guest speakers will probably be the primary attraction.

Judith Cane, a local financial advisor, is one of the scheduled speakers. She will be focusing on the dual relationship between health and wealth. Cane will be one of two financial advisors speaking at the event and she thinks some attendees might initially be surprised at their presence at a wellness expo. However, she hopes to show that an organized financial situation will help bring peace to people's lives and keep them healthier.

The second financial speaker, Kirk Wrinn, shares a similar view.

"Having money in retirement, but not



Dr. Nathalie
Beauchamp
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having your health is nothing," said Wrinn. "But you also have to have enough money to retire and people who have sufficient money in retirement tend to live a healthier lifestyle and then live longer."

Andree Lortie, an experienced life coach, is also speaking at the expo. She will be discussing the three keys to achieving any goal.

Lortie says she's excited about being involved in the expo and said it will be a great opportunity for networking.

"People need this kind of awareness, this kind of exposé, so they can actually see what's out there and talk to people who have actually experienced it," said Lortie.

She added that recently there has been more awareness about health and well-being and now is the perfect time for an event which promotes those ideas.

Beauchamp said she expects about 300 people to attend the expo. The current plan is to make it an annual event, but she says there's a possibility of holding it twice a year.

The expo takes place from 12-5 p.m. at the Orléans Cultural Centre (MIFO) at 660 Carrière St. Tickets are \$5 and kids under 12 are free.