

**keynote
speaker
adria
vasil**



NEWS RELEASE

Ecoholic Body Bestselling Author Adria Vasil to Speak at Ottawa Health and Wellness Expo

Ottawa (December 5, 2013) – Adria Vasil, bestselling author of *Ecoholic Body*, will be the keynote speaker at the 8th Annual Ottawa Health and Wellness Expo on Saturday, January 11th at the Shenkman Arts Centre from 9:00am-4:00pm.

Adria has been writing a weekly column since the spring of 2004, answering reader questions about everything from greening your food choices, finances and footwear to detoxifying your home and office. She has also appeared on a variety of television shows including: CBC Marketplace, The National, CTV's Canada AM, The Marilyn Denis Show, MTV Canada.

Ecoholic Body, her latest book, deals with every product that comes into contact with our bodies and dispels many myths and claims made by producers of so-called green products.

“We are really looking forward to create a buzz around Adria’s latest book, which is amazing,” said Dr. Beauchamp. “*Ecoholic Body* is almost a bible of what we have to do when we buy products.”

Adria's talk will take place at 1:00pm on the day of the expo in the Harold Shenkman Hall. Tickets for her talk can be purchased online at www.ottawahealthandwellnessexpo.com. Those attending Adria's talk also receive access to over 120 exhibitors, health and wellness experts, speakers, live demonstrations and more. Advance tickets are recommended for this anticipated sold out event.

For more information view www.ottawahealthandwellnessexpo.com.

About The Orleans Wellness Expo

On a quest to make Ottawa Canada’s healthiest city, Wellness Expert, Dr. Nathalie Beauchamp, Owner of Santé Chiropractic and Wellness Centre, is the driving force behind the 8th annual Ottawa Health & Wellness Expo.

Dr. Beauchamp is tireless in her efforts to help people live healthier, longer lives. She believes in working and playing in her own community and is deeply involved in making Ottawa a healthier and

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better place to live and raise a family. Dr. Beauchamp's goal is to create awareness of the resources people have in their very own community. She is passionate about helping small and medium sized businesses connect with their target market so we can all be healthy and successful.

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Images available. For more information, please contact:

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 [Contact Form](#)

url: www.ottawahealthandwellnessexpo.com