

## Finding Momentum on Things that Matter

Join us on May 4 & 5, 2018 at the beautiful Radisson Hotel in downtown Saskatoon for this diverse and exciting wellness experience. This 2-day event will include speakers, exhibitors and activities that cover many walks of wellness including; emotional, social and mental wellness, physical, nutritional, financial, oral health and workplace wellness, natural and alternative medicines, and more!

***Don't miss this opportunity to find clarity and connection, to grow and improve, on your journey for wellness right here in Saskatchewan!***

### Register Now!

- Early bird (till March 31, 2018)
  - \$299
- Regular (April 1, to May 4, 2018)
  - \$349

Visit our website at:

[www.wellnessexperiencesk.com](http://www.wellnessexperiencesk.com)

On Facebook at:

***Wellness Experience SK***

Email us at:

[hello@wellnessexperiencesk.com](mailto:hello@wellnessexperiencesk.com)

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***Wanting to make this a retreat-like experience?*** We invite you to book a room at the Radisson Hotel, with access to the gorgeous river trails and downtown Saskatoon.

***Parking at the hotel?*** We have you covered with the greatly reduced rate of \$5/day for underground parking. See the front desk when you arrive - first come first serve.

# Wellness Experience 2018

## Saskatoon, SK



Brought to you by:





## Exhibitors

Connect with local wellness experts!! In the beautiful second floor foyer at the Radisson, visit the exhibitor lounge to learn about products and services in our community.

## Meals

The Wellness Experience will include healthy nutrition breaks and meals throughout the 2 days for your enjoyment.



## Make It Yours

Customize your wellness experience with speakers from all walks of wellness! Keynote and breakout sessions offered both days!

### Friday 12-8:00pm

- **Dr. Low Dog** – Life is Your Best Medicine
- **Taunya Woods Richardson** – The Money Matrix
- **Caitlin Iles** – Healthy Eating
- **Workplace Wellness Panel**
- **Bridges Health** – Taking Care of You! The Importance of Managing Mindfulness, Self-Care and Boundaries.
- **Ryan Leier** – Yoga practice

### Saturday 8:30 to 5:00

- **Dr. Low Dog** – Emotional Well-being
- **Crystal Willms** – Being your Brainy Best
- **Jana Danielson** – Love the Life you Lead and Unlocking the Key to a Healthy Night's Sleep
- **Joseph Schnurr** – Cancer Prevention and Environmental Health
- **Carla Sophia** – Organizing Your Life with Intention
- **Ryan Leier** – Mind Medicine

## Key Offerings

We are thrilled to announce our keynote speaker **Dr. Low Dog**; a leading holistic and traditionally trained medical doctor, health expert, researcher, and member of the Center for Integrative Medicine at the University of Arizona. Dr. Low Dog is a columnist for Prevention magazine, she has appeared on The Dr. Oz show, The People's Pharmacy and many other TV and radio programs, speaking to audiences around North America.



Add to this, we are so excited to share with you the infamous **Ryan Leier** of One Yoga, who will be offering his wisdom, mindfulness education and yoga expertise at 2 different times over the weekend.