

Lakeside

Festival of

Health & Wellness



Sat., Sun.,

July 16, 17, 2016

Activities may include:

- *Guest Speakers—Local Experts on Health and Wellness
- *Fun and Educational Games for Kids and Adults
- *Yoga, Tai Chi, MMA, Cross Fit Classes
- *Massage
- *Drum Making
- *Healthy Cooking Demonstrations!

Exhibitors may include but not limited to:

Body: Massage therapy, yoga, gym, reiki, spa, martial arts, reflexology, chiropractic, physiotherapy, massage, weight loss...

Mind: family therapy, drug and alcohol support, colleges and learning institutions,...

Spirit: crystal healing, quantum vibrational healing, tai chi, meditation,...

Nutrition: Various food stations will offer delicious healthy food!!!

Hosted by:



Location:

717 Lake Park Road

Beckwith Twp.,

RR#2 Carleton Place, Ont.

K7C 3P2