



**Be Fit. Eat Right. Think Well.**

## **PRESS RELEASES**

### **FOR IMMEDIATE RELEASE**



Well Within Health Expo  
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### **WELL WITHIN HEALTH EXPO 2010 TO BE THE BIGGEST EVENT IN TRURO, NS THIS YEAR**

Truro, NS January 16, 2010 – The Truro Wellness Alliance is eagerly anticipating the first – annual Well Within Health Expo! The alliance has coordinated the assembly of over 50 wellness minded businesses in Truro and Colchester County to get together and make wellness a priority for 2010.

The businesses have donated over \$5700 in door prizes to reward participants for choosing to make 2010 the healthiest year ever. The event is being held at The Holiday Inn this Saturday January 16, 2010 from 9:00 am to 4:00 pm. The expo is highly interactive with key features including: a speaker and event schedule, Be Fit Fashion Show, Eat Right Smoothie Kiosk, not to mention the vendors. The Truro Bearcat's will be doing a signing from 11:00am to 1:30 PM. The keynote speaker is Canadian Author Dr. Nathalie Beauchamp. She will be speaking at 12:30pm on the ever important topic of Wellness On The Go.

"This event will set Truro and Colchester County up to start the new decade on a health and wellness mission" says Dr. Celina Spence, founder of the Health Expo. "There is an unprecedented excitement surrounding this event being exhibited through town, the internet and through casual conversation" explains Dr. Celina, "I can't wait!"

To learn more about the Well Within Health Expo visit the website at [www.WellWithinHealthExpo.com](http://www.WellWithinHealthExpo.com). To purchase tickets in advance (\$5) drop in to Well Within Chiropractic at 68 Robie Street Truro, NS.



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Inaugural Truro health expo attracts prominent Canadian wellness expert.

**Summary:** *A brand new Atlantic-Canada-based health expo offers attendees an incredible array of wellness information, products and sample services, plus a dynamic, well-known keynote speaker: Dr. Nathalie Beauchamp, co-author of **Wellness on the Go**.*

(Truro, NS) December, 23 2009 – Just in time for those New Year's resolutions, the Inaugural Truro Well Within Health Expo brings the latest health and wellness information to participants from Atlantic Canada and beyond. The all-day event will be held Saturday, January 16, 2010. Details can be found at: <http://WellWithinHealthExpo.com>

The event, sponsored by Dr. Celina Spence of Wellness Within Chiropractic, focuses on three dimensions of health: Be Fit. Eat Right. Think Well. And the keynote speaker, like Dr. Spence, is a perfect living example of the three dimensions. Ottawa-based wellness expert Dr. Nathalie Beauchamp (recently named Chiropractor of the Year by the Chiropractic Leadership Alliance) not only walks her talk, she's co-written a book to help others do the same.

Dr. Beauchamp's book **Wellness On The Go** was written with busy people in mind. Chock-full of up-to-date scientific health and wellness information, it covers a wide range of topics including diet, exercise, sleep, relaxation, and more. Dr. Beauchamp knows in today's crazy-busy world, people need to take care of themselves as best they can, and her book can help them do that, no matter how fast and furious their lives are. "Our society is 'go-go-go' and so we let activities like exercising, eating well and meditation take a back seat. That's why my book, co-authored with a life coach, is called **Wellness On The Go**," she says.

The Expo will boast 60 vendors, all pre-screened by the Truro Wellness Alliance to ensure the highest quality of exhibitors, sponsors and presentations. "I anticipate the expo to be the largest wellness event that Truro and Colchester County has ever seen," says Dr. Spence. Attendees will receive complimentary take-home products, have time to try services, ask questions one-on-one with health experts, view live health service demonstrations, be eligible for door prizes, and much more. The event runs from 9am to 4pm and the cost is \$5 per person.

For more information on Dr. Celina Spence visit: <http://www.WellWithinChiropractic.net>

For more information on Dr. Nathalie Beauchamp, visit: <http://www.drnathaliebeauchamp.ca>