

SCHEDULE - SUNDAY DECEMBER 1ST



1:00 PM - BRENT SEAL Real Wellness for Real Results

Brent faced his own mental wellness challenges and hit rock bottom in 2007. After a strong recovery, Brent graduated as Valedictorian of his SFU Business class. He now supports youth and promotes mental health awareness as Youth in Residence at BC Children's Hospital.



2:00 PM - Dr. Rae Nicole St. Arnault, ND Healthy Hormones

Join Dr. Rae as she busts up some common hormone health myths and makes the connection between the seasons and your hormonal health. Learn hormonal survival tips for both men and women, as well as useful testing and effective treatments for common conditions.



3:00 PM - Lucas Mattiello Stress Management

In this presentation, we will address:
What drives workplace stress - Identify specific stressors - Why stress is good and why it's bad - Self-management techniques you can use discreetly - How you may be eating your stress!!



4:00 PM - Devi Ward Sex Is Medicine!

Much focus is placed upon wellness today, but our sexual health is often neglected. And yet, sexual pleasure is not only healthy for our bodies, but can be used as a tool for transcendence. Find out how sex and pleasure can be used as medicine for healing the mind, body and spirit.



5:00 PM - Buckman Coe Live Musical Performance - Conscious Roots Rock

"Bucky" is one of Vancouver's fastest rising musicians whose style defies description, he's also, a certified yogi, eco-psychologist, and poet. When Bucky starts to strum his guitar/banjo/ukulele and sing, you feel the sky open up and love shine down upon you. You have to experience Buckman live to appreciate how true this statement is.

All Day - Vendors, Chair Massage, Smoothie Bar and Door Prizes!



Tickets ONLY \$25 - WWW.BEWELLANDALIVE.COM