

# Wellness fair

**FEBRUARY 19, 2019**

**3:30pm - 6:30pm (Tuesday)**

Open to all NSTU, NSGEU, PSAANS, & PEG Employees

**Come join us to learn about various community resources that can assist you in managing your overall health and wellness.**

## Participant List

Bedford Naturopathic  
CBI  
Doodle Lovely  
doTERRA Essential Oils  
Goodlife Fitness  
East Coast Naturopathic  
Heart and Stroke Society  
HRCE Health & Abilities Team  
HRCE Respectful Workplace  
Johnson Insurance  
Modo Yoga Halifax  
Morneau Shepell  
Nordic Walking NS  
NSTU Resilience program  
One Up Fitness  
Onside Performance  
Sobeys  
The Snore Shop Atlantic Inc.

Information booths for over 15  
Health and Wellness providers in  
HRM

Information Sessions on a variety  
of topics

Refreshments and light snacks  
provided

Door Prizes

FREE Admission for HRCE  
employees & family

## Scheduled Presentations

**4:00pm-4:30pm**  
**Onside Performance**  
**One Up Fitness**

**4:30pm-5:00pm**  
**Goodlife Fitness**  
**Doodle Lovely**

**5:00pm-5:30pm**  
**Sobeys Dietician**  
**Bedford Naturopath**

**5:30pm-6:00pm**  
**Morneau Shepell EFAP**  
**East Coast Naturopathic**

**6:00pm-6:30pm**  
**The Snore Shop Atlantic Inc.**

Location:

Halifax Regional Centre for Education  
33 Spectacle Lake Drive  
Dartmouth, NS, B3B 1X7  
(902) 464-2000