

MEDIA RELEASE

The Club at White Oaks Creates New Health & Wellness Day for Community

Niagara-on-the-Lake, Ontario (March 17, 2016)

The Club at White Oaks is hosting their first annual Health and Wellness Fair (in partnership with Haven Global and The Healthy Cupboard) named Live Well Health and Wellness Fair, on Saturday April 16th, 2016 from 10am -5pm.

“We recognized that working out or playing a racquet sport is not a complete picture of a person’s overall good health. Many other factors come into play for a whole wellness picture and that is why we have reached out to our community for partners and like-minded businesses to create a full day of seminars, displays, information and fun that all inform our community on the many factors involved in living well” states Sandy Lynch, Club Manager.

Over the past few months The Club has developed a Health Advisory Board made up of three exceptional medical professionals who will lead the facility with their goal to offer a whole approach to overall health and wellness. The Live Well Health and Wellness show will be the launch of the advisory board as two of the three doctors will be starting off the day with their topic of Living Well into your 90’s. Dr. Matt Tonnos, DC and Dr. Ana Lara, ND will bring their own approaches to this topic. The third member of the Health Advisory Board is Dr. Mark Torigian who has talks planned for later in the season. Dates to be announced.

Marta Pawlowski, the show coordinator, has put together the line up of vendors, displays and speakers in partnership with Haven Global and The Healthy Cupboard. The event will take place in White Oaks Resort’s Exhibition Hall and speakers will be right next door in the Idea Loft. “We wanted to showcase what our club offers and also all the wonderful local services that are offered right here in Niagara, bringing community awareness on Living Well in one place here at White Oaks” states Pawlowski.



SPEAKERS AGENDA:

10:15am - 11:00am • WO Advisory Board: Dr. Matt Tonnos DC and Ana Lara ND
Making the Most of your Life - Living Well into Your 90's

11:15am - 12:00pm • Dr. Joey Shulman Nutritionist, Author & DC
The 7 Secrets of Health

12:15pm - 12:45pm • Dr. Christina Plaskos MD, Cosmetic & Wellness Expert
Igniting a Better you! Pro- Aging in the 21st century

1:00pm - 1:45PM • Dr. Kate Rheaume-Bleue ND, Health Educator and Author (Natural Factors)
Stronger Bones Healthier Heart

2:00pm - 2:45pm • Angela Ysseldyk (Spokesperson & Publicist for Lorna Vanderhaeghe)
Hormones & Women's Health

3:00pm - 3:45pm • Dr. Sara Celik ND (Renew Life)
Cleansing

4:15pm - 4:45pm • Sherry Campbell Psychotherapist
Fog of Change

About The Club at White Oaks:

The Club at White Oaks was established in 1978 and has continued to be the Niagara Region's most prestigious and all-encompassing private fitness and racquet club. Featuring six indoor tennis courts, eight squash and two racquetball courts the club also boasts three floors of state of the art fitness equipment for strength and cardio training. Innovative group exercise options include power cycling, yoga, pilates, zumba, aquatics, and in studio strength training options. The Club has the region's best junior programs for both tennis and squash and programming includes instruction from the very young beginner through to high level performance athletes.

For More Information:

Sandy Lynch, Club Manager
The Club at White Oaks
905-704-5214 slynch@whiteoaksresort.com

Julie Lepp, Director of Marketing
White Oaks Resort & Spa
905-704-5638 jlepp@whiteoaksresort.com

