



Mayne Island Health and Wellness Fair

Saturday May 25th, 2024 at the Ag Hall

10 am to 2 pm

Come along and meet the professionals who support our health care on Mayne.

Have your blood pressure checked. Watch a demonstration on how to use an AED – so you know what to do in an emergency.

Find out what's planned for our Health Centre and how to manage if you don't have a primary care provider.

Chat with the many Complementary Medicine providers who will have tables at this event.

And throughout the day, enjoy a series of short presentations on the Ag Hall stage, where you'll learn a variety of simple lifestyle changes you can make to improve your wellbeing.

There'll be healthy snacks and drinks – and fun and games for the younger folks.

Join us after your Saturday run to the Market and Thrift Store – or make the Fair your main destination.

You won't be disappointed!

And if you're not sure, see more details on the program page below.

Mark your calendar, and we look forward to seeing you on May 25th!

Mayne Island Health and Wellness Fair Program

- 10:00 Welcome and Introduction
- 10:10 Beth Cooper - MIALS
- 10:20 Allen Rowley – MEWA (Mayne Evidence-based Wellness Activities)
- 10:30 First responders – AED simulator demonstration
- 10:40 Brian Crumblehulme – MIHCA Dance Program
- 10:50 Sierra Steele – Medical Herbalist
- 11:00 Warren Korol – Meditation Group
- 11:10 Karen Noyes – Paramedics
- 11:20 Meadow Dove – Registered Massage Therapist
- 11:30 First responders – AED simulator demonstration
- 11:40 George Bathgate and friends - AA
- 11:50 Courtney Anderson – Trauma counselling services
- 12:00 Nevah Eyton – Mayne Haven
- 12:10 Beth Cooper - MIALS
- 12:20 Allen Rowley – MEWA
- 12:30 First responders – AED simulator demonstration
- 12:40 Brian Crumblehulme – MIHCA Dance Program
- 12:50 George Bathgate and friends - AA
- 13:00 Karen Noyes – Paramedics
- 13:10 Warren Korol – Meditation Group
- 13:20 Nevah Eyton – Mayne Haven
- 13:30 Donna Williams – Mindful Somatic Movement demonstration with volunteer sign up at the MIHCA table if you'd like to join in

TABLES and EXHIBITS

MIHCA
MIALS
Paramedics
Fire Department
Happy Tides
TOPS
Mayne Haven

Yoga - Donna Williams
Meditation - Warren Korol
Trauma Counselling
MIHCA Dance Program
AA
MEWA
Meadow Dove RMT