



We're taking the show on the road and bringing the enthusiasm of CREWC to a venue near you!

Main Address: 2386 Thomas Dolan Parkway, Carp K0A 1L0
613-839-1198 or 613-839-1179

www.ecowellness.com www.crnhc.com www.carpridgelearningcentre.com

Come see us at the following events in & around the Ottawa area:

April 17, 2010

9:30am to 3 pm

Holistic Health Fair

Holy Name of Mary School

110 Paterson, Almonte, Ontario

April 17, 2010

8:30 am to 4:00 pm

Women in the New Century Conference (SOLD OUT)

Earl of March Secondary School

4 The Parkway (off Teron Road)

Kanata, Ontario

Workshop: Body Typing to Fine-tune Your Lifestyle & Energy

Katherine Willow, Naturopathic Doctor

Learn how each Ayurvedic body type requires fundamental differences in lifestyle including: diet, exercise, sleep, sex, work and spirituality. Resources will be given out to help you continue exploring!

April 24, 2010

10am to 5 pm

Ottawa Eco Fair

RA Centre, 2451 Riverside Drive, Ottawa

www.ottawaecofair.ca

May 1 & 2, 2010

National Women's Show

Lansdowne Park, Ottawa

Catch us onstage!

Cooking theatre demos:

Saturday, May 1

2:15-2:45pm

"Cooking For Your Body Type: The Aryurvedic Approach"

By Naturopathic Doctor Katherine Willow, Carp Ridge Natural Health Clinic.

Sunday, May 2

11:15-11:45am

Healthy Vegetarian Meals & Snacks Your Children Will Love!

By Cindy Fleming BSc Home Economics, Carp Ridge Natural Health Clinic

May 1& 2, 2010

National Women's Show, continued

Workshop Presentation:

Sunday, May 2

12-12:30pm

Introduction to German New Medicine

By Naturopathic Doctor Katherine Willow, Carp Ridge Natural Health Clinic.

www.nationalwomensshow.com

Saturday, May 8, 2010

11am to 3pm

CREWC Annual Open House, 2386 Thomas Dolan Parkway, Carp

We're on the Red Trillium Studio Tour Route map! (May 8 & 9 West Carleton event)

www.redtrilliumst.com

At Carp Ridge Healing House:

tea tasting, gluten-free cooking demos, tours of Healing House & property

At the Carp Ridge Learning Centre:

Allergy Season Natural Solutions - 1/2 hour long talk

Pain Management with Seth Yates, ND - 1/2 hour long talk

What's Going On! ~ Families in Nature, Preschool, Camps, Retreats, etc. - 1/2 hour long talk

Lise Nickerson, Dancing Wheel of Life Workshop - 1/2 hour

Kids' activities: yoga, face painting, nature walk, scavenger hunt

At the Carp Ridge Natural Health Clinic:

Practitioner Demos:

food sensitivity testing

tongue and pulse analysis

clinic tours

massage demo

June 5&6, 2010

9am to 5pm

Wellness in the Valley

St. Paul's University, 223 Main Street, Ottawa

June 27, 2010

9am-4pm

Yogafest

3840 Old Almonte Road (Herb Garden)

www.yogafest.ca

July 25, 2010

9am-5pm

Herbfest

3840 Old Almonte Road, Almonte

www.herbfest.ca

August 13-15, 2010

Ottawa Folk Fest, Details to follow