



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:

Mid-Summer Herbfest

July 25, 2010

9am-5pm

3840 Old Almonte Road, Almonte

www.herbfest.ca

Talk by Katherine Willow -- TBD

Ottawa FolkFest

www.ottawafolk.org

Kids Zone, Community Tent, Sat, Aug 14th

Folk Fest runs August 13-15, 2010

Friday, August 13, 4pm - 11pm

Saturday, August 14, 10am - 11:30pm

Sunday, August 15, 10am - 11pm.

Pakenham Fall Fair

www.mississippimills.ca/events.cfm?eventId=888

August 14, 2010

9am to 4pm

“How to heal yourself with real food” by Katherine Willow (11-11:45am)

Healing in the Valley: Mind, Body & Soul Health Show

September 18, 2010

Nick Smith Centre, Arnprior

www.healinginthevalley.ca

National Women's Show

www.nationalwomenshow.com/ottawa-fall/index.html

September 25 & 26

10am to 5pm

Aberdene Pavilion at Lansdowne Park, Ottawa

Cooking demos and workshops

Red Trillium Studio Tour

November 27 & 28