

# DIVERSITY HEALTH FAIR

Date: Saturday, May 15, 2010  
Time: 10:00 a.m - 4:00 p.m.  
Place: Centre for Learning  
Okanagan College



## Opening Ceremonies at 10:00 a.m

M.C. Mohini Singh (*Kelowna's Woman of the Year*)  
K'Lowna Friendship Society - First Nations Blessing  
Welcome speeches by local dignitaries  
Performances by: **Golden Hand Dancers** and **Taiko Drummers**

## Cooking Demonstrations:

11:00 Fast and easy Mediterranean meal  
1:30 How to Prepare a Healthy Bag Lunch  
3:00 The Raw Food Diet

## Fitness Demonstrations:

10:45 Tai Chi  
11:30 Karate  
1:00 Kick boxing  
1:45 Bootcamp  
2:15 Zumba

## Presentations:

11:00 Canadian Mental Health Association  
12:00 Steps to Better Health  
1:00 Canadian Diabetes Association  
2:00 Community Gardens  
3:00 Raising Healthy, Happy and Successful Children

## Closing Ceremonies at 3:45

More than 25 exhibitors will be open from 10 a.m until 4 p.m.



Kelowna  
Community  
Resources



funding provided by:



**Affiliation of Multicultural Societies & Service Agencies of BC**



"This project is made possible through funding from the Government of Canada and the Province of British Columbia."