

Hello Everyone,

Once again it is time to get you involved with our 3rd annual New Germany Health and Wellness Expo.

Very little has changed from last year with these 2 exceptions:

1. The Expo this year is dedicated to the life and memory of Tina Mae Illingworth who was tragically taken from us on June 30, 2010. Our community is still grieving her death.
2. Presentations will be scheduled for the Library, which will allow for a better environment for both the audience and the presenters.

I have attached information for you and/or your organization regarding the upcoming Health and Wellness Expo to be held on Thursday, October 24th, 2013, at New Germany Rural High School.

Some of you have already indicated a desire to have a booth set up during the display time of 1:00 PM until 6:00 PM. Set up can start at about 11:30 for those of you who will be providing your own tables, 12:00 if we are providing a table. There will be students available to help with the set up, and hopefully for the take down.

A soup and sandwich supper will be provided, free of charge, to 2 people per booth.

Although there is no cost for your organization to have a booth, you may wish to become a **sponsor** by donating **\$100.00** or more. Cheques should be made out to The New Germany Area Promotion Society. A receipt will be provided to each business/person/organization who becomes a sponsor. As a sponsor you will be listed on our webpage, <http://newgermanycap.ednet.ns.ca>, as well as on any promotional materials that are produced. Cut off date will be **Sept. 14** to allow for printing and distribution of brochures. We will also be looking at using your names in print/radio promotions. In other words, a lot of exposure for \$100.00.

You do not have to be a booth holder to be a sponsor!

This Expo is designed to give people a chance to connect some of the many dots that make up healthy living; through physical activity, recreation, mental health, controlling a chronic condition, etc. In other words there are many activities/groups that help support a healthy lifestyle.

What are the determinants of health?

Health Canada has identified 12 determinants of health:

1. income and social status
2. employment
3. education

4. social environments
5. physical environments
6. healthy child development
7. personal health practices and coping skills
8. health services
9. social support networks
10. biology and genetic endowment
11. gender
12. culture

Please identify your booth as applying to any one or more of the determinants listed above. This will help encourage people to think about the many influences on our health. My hope is that we will have representatives from each of the above determinants involved in this Expo.

I am also planning on scheduling time for booth holders to do demos or make presentations to the public. These will be based on a 20 minute time limit with 10 minutes to get ready. I will place you on the schedule when you let me know that you wish to do a presentation. Each will be scheduled on the ½ hour with the first one starting at 1:30 pm and the last being scheduled for 5:30 pm. These will take place in the Library!

A copy of all information can be accessed online at <http://newgermanycap.ednet.ns.ca> . You will find a link to our Expo page in the menu on the left hand side of our Home Page!

If you have any questions regarding whether or not you might fit into this event, please contact me at 644-2153 or gdselig@ns.sympatico.ca

Sincerely,

Greg Selig,

Chair,

New Germany Health and Wellness Expo

NGAPS