

# KLAHANIE COMMUNIQUE

The October Communique is sponsored by: Candace Cappellaro-Royal LePage



## HEALTH FAIR A SUCCESS

The Health and Wellness Fair held in September in the Canoe Club was a terrific event with a variety of participants presented. Residents and neighbours benefited from the speaker series and the door prizes provided by vendors. The Klahanie Health and Wellness Committee would like to express a sincere gratitude to everyone who came by and to the following participants who had made the event a great success.

- Dr. Jordan Myers, Westwood Chiropractic & Massage
- Hazel Labistour, Aspects of Beauty
- Rebecca Taylor, Secret Cycles
- Irina Portnova, Herbalife of Canada
- Dr. Sharon Gurm, Port Moody Naturopathic
- Chris Dunphy & Karen Mackenzie, Newport Yoga
- Alan Kabatoff, Evolution Walkers
- Lisa Beecroft, Cafe Divano
- Lee Yun Hee, Healing Hands Chiropractic, Massage & Acupuncture
- Dr. Lau & Dr. Mathur, Omni Eye & Vision
- Dr. Aliya Kabani, Naturopathic Medicine
- Colleen Preston, Elevated Fitness Group
- Peggi Knight, Personal Trainer
- Jamie Cuthbert, Rocky Point Kayak
- Wioletta Jurkowska, Spa Plateau
- Shanti Uganda Charity Organization

Dr. Jordan Myers *"...a big thank you for having us at your first Wellness Fair. I must say it was well organized and there were an excellent variety of resources there. We had a lot of fun at your booth and would love to be a part of any other events you may have."*

Irina Portnova *"...it was such a great opportunity to meet health and wellness professionals and enthusiasts from our community. It is impressive how many people are interested in healthy nutrition and healthy lifestyle. It would be nice to spread the word, and get more and more people involved in health and wellness events in the future. Thank you, all, the event organizers, participants, and residents!"*

Rebecca Taylor, Co-Owner, Secret Cycles *"...Participating in the Klahanie Health & Wellness Fair was a great opportunity to share our enthusiasm for cycling with our local community. Residents were able to find out how cycling is an easy and fun activity for people of all ages and that there is a new bike shop in their area that can provide them with the information and gear they need. We look forward to your next Fair!"*

*Thanks to everyone who came out to the Wellness Fair and made it a great success!*

## WELCOME TO THE NEIGHBORHOOD



### KLAHANIE BUSINESS DIRECTORY COMING SOON!

Are you a Klahanie resident with a business/service you want the community to know about? Check website for details!

### KLAHANIE MIXER

*It's a great way to meet others in our community...check the website for the next event!*

### KLAHANIE'S BLOCKWATCH

Klahanie's Blockwatch group is seeking more residents for their committee. Want to be involved? See "Blockwatch" on the Community webpage for upcoming meetings.

### KLAHANIE'S BRIDGE CLUB

*Want to play Bridge?* The Klahanie Bridge Club welcomes new players to join them each Tuesday 7-9pm at the Canoe Club.

### INTERESTED IN JOINING A GROUP OF ADVENTUROUS EMPTY NESTERS?

Lively discussions, special interests, current events and outings are planned for future meetings. The group is open to various age levels and more members. The next meeting is on Wednesday, October 21 from 7:30-9:00 PM in the Canoe Club Lounge. Contact Irene Kane at irenekane3@aol.com or Tel: 778-355-9162

### BIKE CLINIC COMING SOON!

Check the website for information on an upcoming bike clinic by SECRET CYCLES!