

INFORMATION REGARDING THE **BEST YEARS 50+ LIFESTYLE EXPO**

London's 1st Annual **BEST YEARS 50+ LIFESTYLE EXPO** being held Saturday October 24, 2015 at the Western Fair District in the Carousel Room from 10 a.m. - 5 p.m.

It will showcase 50+ Exhibitors from 7 different categories; Fitness, Nutrition, Health, Home, Nutrition, Retirement and Lifestyle. There will be a number of great speakers who can educate attendees on the various services, different products available for purchase, entertaining presentations and a raffle prize every hour! A FREE FLU SHOT clinic will be available on-site managed by Bayshore Home Health.

The aim for the **BEST YEARS 50+ LIFESTYLE EXPO** is for attendees to walk away with a good deal of knowledge regarding all the available resources that are available in and around the London area.

We are requesting a \$1.00 Donation at the door for admission which will be given to the Bereaved Families of Ontario – South west Region.

Come and join us for a full day of learning and interactive fun at the **BEST YEARS 50+ LIFESTYLE EXPO** www.bestyearsexpo.com

HEATHER TAYLOR – EVENT ORGANIZER

For the last twenty years, Heather (Watson) Taylor has been caring for the people of this area. In her work as a Registered Nurse—and most recently as part of the staff of St. Joseph Hospice in Sarnia—Heather has had considerable experience in supporting terminally ill patients and their families on that difficult final journey.

In the course of her service, Heather became increasingly aware of the specific concrete needs that many bereaved families experienced in the immediate wake of a loved one's death and established her company After A Loss – www.afteraloss.com

Working hand-in-hand with local funeral homes, Heather considers it a privilege to be able to accompany bereaved families through those difficult hours and days, and offers her professional skills and background to support them in whatever ways they might need. She is available on a 24/7 basis to meet with families wherever is most convenient for them, to discuss their needs and how she might best be able to serve them.

SUE HOWE – EVENT PLANNER

In her role as a Certified Event Planner Sue Howe worked with an international corporation for 10 years as their Training/Event Coordinator travelling across the majority of the Provinces in Canada and coordinating events in 24 States in the U.S. including 2 events in Times Square. Relocating to Connecticut due to the hectic travel schedule for 3 years.

Upon returning back to Canada Sue decided to become an 1-person independent event management business and now enjoys working with a varied client based within Southwestern Ontario. Sue continually adds diverse events; educational seminars, conferences, expos, trade shows, training workshops, convocations, receptions to name a few. Her mission to take the stress of the clients shoulders so that they can enjoy their event too!