

Hello Everyone,

Once again it is time to get you involved with our 9th annual New Germany Health and Wellness Expo. I have attached information for you and/or your organization regarding the upcoming Health and Wellness Expo to be held on Wednesday, October 30th, 2019 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 5:30 PM. **Set up can start at about 11:30!** There will be students available to help with the set up, and hopefully for the take down.

Light snacks, including water/tea/coffee, and apples will again be provided. However, instead of the soup and sandwiches as in the past, you will find 1 or more local vendors will offer a reduction in the cost of some food items purchased at their establishments. Hopefully, you can make use of them during, or after, your time with us!

Although there is no cost for your organization to have a booth, you may wish to help with advertising by donating **\$100.00** or more. For that we will be happy to display your flag/banner during our Expo. Cheques should be made out to The New Germany Area Promotion Society. A receipt will be provided to each business/person/organization who makes such a donation. As a donor, you will be listed on our webpage, www.newgermany.ca, as well as on any promotional materials that are produced. Cut off date will be **Sept. 21** to allow for printing and distribution of posters. We will also be looking at using your names in print/radio/social media promotion. 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. Thus, there are many activities/groups that help support a healthy lifestyle, in a healthy community!

What are the determinants of health?

Health Canada has identified 12 social determinants of health:

- income and social status
- employment
- education
- social environments
- physical environments
- healthy child development

- personal health practices and coping skills
- health services
- social support networks
- biology and genetic endowment
- gender
- 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. Free WiFi should be available in the gymnasium. A copy of all information can be accessed at www.newgermany.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 902-644-2153 or gdselig@ns.sympatico.ca

Sincerely,

Greg Selig, Chair,

New Germany Health and Wellness Expo, NGAPS