



**We're taking the show on the road and bringing the enthusiasm of CREWC to a venue near you!**

Main Address: 2386 Thomas Dolan Parkway, Carp K0A 1L0  
613-839-1198 or 613-839-1179

[www.ecowellness.com](http://www.ecowellness.com) [www.crnhc.com](http://www.crnhc.com) [www.carpridgelearningcentre.com](http://www.carpridgelearningcentre.com)

**Come see us at the following events in & around the Ottawa area:**

***Mid-Summer Herbfest***

**July 25, 2010**

**9am-5pm**

3840 Old Almonte Road, Almonte

[www.herbfest.ca](http://www.herbfest.ca)

Talk by Katherine Willow -- TBD

***Ottawa FolkFest***

[www.ottawafolk.org](http://www.ottawafolk.org)

**Kids Zone, Community Tent, Sat, Aug 14th**

**Folk Fest runs August 13-15, 2010**

Friday, August 13, 4pm - 11pm

Saturday, August 14, 10am - 11:30pm

Sunday, August 15, 10am - 11pm.

***Pakenham Fall Fair***

[www.mississippimills.ca/events.cfm?eventId=888](http://www.mississippimills.ca/events.cfm?eventId=888)

**August 14, 2010**

**9am to 4pm**

“How to heal yourself with real food” by Katherine Willow (11-11:45am)

***Healing in the Valley: Mind, Body & Soul Health Show***

**September 18, 2010**

Nick Smith Centre, Arnprior

[www.healinginthevalley.ca](http://www.healinginthevalley.ca)

***National Women's Show***

[www.nationalwomenshow.com/ottawa-fall/index.html](http://www.nationalwomenshow.com/ottawa-fall/index.html)

**September 25 & 26**

**10am to 5pm**

Aberdene Pavilion at Lansdowne Park, Ottawa

Cooking demos and workshops

***Red Trillium Studio Tour***

**November 27 & 28**