

FOR IMMEDIATE RELEASE



Reclaim Your Resolutions at the 2014 Green Living Show

TORONTO --- February 24, 2014 --- It's about that time of year when New Year's resolutions start to fade and gyms empty out, but it doesn't have to be hard to make healthy choices for you and your family. The 2014 Green Living Show, taking place at the Direct Energy Centre April 25- 27, features over 400 exhibitors with thousands of the best products, services, food, innovation and more – all designed to help promote a healthy and sustainable lifestyle year-round. From clean eating to clean power, it's all here under one roof.



New & Hot:

Once again, The Green Living Show is bringing you top health and environmental experts, but this year we have so many, they couldn't all fit on one stage! Whether you're a yogi, a conservationist, a parent or all of the above, we've got you covered.

Health & Wellness Stage: Discover workable solutions for a healthy body, mind and spirit at the Health & Wellness stage. Experts will offer the latest information about toxins, natural health and nutrition solutions to help attendees on their path towards optimal wellbeing.

The Kids Zone: When Kermit the Frog sang the song, "It's not easy being green," he had obviously never been to the Kids Zone! The adventure area is jam-packed with fun, exciting and entertaining activities and performances geared to make a lasting impact on how kids think about their health and their planet.

Cooking & Food Stage: Connect with other food enthusiasts, even a celebrity chef or two! Discover why it's good to eat locally with three days of cooking classes, wine and beer pairings, and skills demonstrations.

Sweat Equity Yoga & Fitness Pavilion: Experience the power of sweat! The Sweat Equity Yoga & Fitness Pavilion will feature an interactive stage and participation area with opportunities to take part in a workshop, chat with a guest lecturer or participate in a free yoga or fitness class. All levels welcome, from beginners to experts.

Home & Energy Stage: A lineup of green home renovation experts will offer demonstrations on designing and decorating your home with eco fabrics and paints; natural landscaping and gardening tips, as well as a wide range of easy to install clean energy solutions that will reduce energy costs or get you off the grid entirely.

Back by Popular Demand:

Ontario Culinary Adventure Pavilion: Showcasing Ontario food, beer and wine, local food lovers can tour the tastes of destinations across the Province with producers, chefs, winemakers and brewers who will explain the versatility and benefits of going fresh and seasonal, one bite or sip at a time.

The Swapsity Swap Zone: With last year's media swap bringing in 4,762 items for a swapper savings of over \$38,000, we knew we had to bring the media swap back again this year. If you have pre-loved items gathering dust at home, bring them to the Show and swap them for 'new' favourites; after all, one person's trash is another's treasure. And, stay tuned as a new fashion accessory swap is underway!

Eco Parent Village: A destination devoted to helping parents make better choices for their families. Attendees can shop the latest family-friendly products and services, and make use of a fully stocked baby change area and breastfeeding room during their visit. Feeling lucky? Take part in the Great Cloth Diaper Change Challenge (April 26th at 11 a.m.) to beat the Guinness World Record of 8,301 cloth diapers changed at one time.

Trees across Toronto: Take a guided hike through our forest feature and learn how Toronto's 10.2 million trees provide essential environmental, social and economic benefits. With a special focus on the December 2013 ice storm, attendees will learn how to care for urban trees to prevent damage, as well as the benefits of shopping for local wood products created from salvaged trees.

Green Car Test Drives: Strap yourself in and see what all the buzz is about! Test drive the latest electric and fuel-efficient vehicles and shop the latest models and accessories. All drivers will be entered to win some great prizes!

Special Day at the Show - Friday, April 25 is Youth Day: The 2014 Green Living Show welcomes students to engage in fun and interactive programs, demonstrating the connection between the environment and their health and how they can take action! Highlights include special guest speakers and presentations, interactive yoga and fitness classes, hands-on outdoor education led by the YMCA and a scavenger hunt with the chance to win great prizes. Regular school group admission is \$7/person. Educators and Children 12 and under get in FREE.

Stay tuned for this year's exciting speaker line up, innovative product highlights, and ticket incentives.

For more information, visit www.greenlivingonline.com/greenlivingshow.ca, follow us **@GreenLivingPage** and LIKE us at **Facebook.com/GreenLivingPage**.

Dates & Hours

Friday, April 25	10 a.m. – 7 p.m.
Saturday, April 26	10 a.m. – 7 p.m.
Sunday, April 27	10 a.m. – 6 p.m.

Location

Direct Energy Centre
100 Princes' Blvd.
Toronto, ON M6K 3C3
Closest intersection: Lakeshore Blvd. /Strachan

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About Green Living Enterprises / Green Living Show

Green Living Enterprises is Canada's leading cause-marketing agency focused on social and environmental program development. Our team is led by award-winning industry experts in the fields of brand and program development; custom content; advertising, marketing and PR; and event management. Green Living Enterprises also includes Greenlivingonline.com and The Green Living Show, Canada's largest green consumer show, dedicated to easy and workable solutions for leading a healthy and sustainable lifestyle. For more information, visit greenlivingshow.ca.

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