



MANGER SANTÉ

QUÉBEC

MARCH 17-18 | Centre des congrès

ET VIVRE VERT

2018

MONTRÉAL

MARCH 23-24-25 | Palais des congrès

**Press Release
for immediate distribution**

21st Edition

The Premium Event For The Freshest Ideas and Products!

Montréal, January 31st 2018 - At the **21st edition** of the Expo Manger Santé et Vivre Vert, health food, ecology and natural health enthusiasts will be able to treat their senses on **March 17-18 at the Centre des congrès in Québec** as well as **March 23-24-25 at the Palais des congrès in Montréal!** More than **35,000 visitors** in total are expected to attend and experience the biggest health event of the Spring in Québec.

*The best health food, ecology and natural health
resources gathered in one location!*

Come meet esteemed professionals, all well-known in their field, at the next **Expo Manger Santé et Vivre Vert:**

- **Andréanne Martin**, nutritionist
- **Stefano Faïta**, chef, host, restaurant owner
- **Marie Provost**, master herbalist
- **Jean-Yves Dionne**, pharmacist, natural products expert
- **Anne-Marie Roy**, nutritionist
- **Dr Gaétan Brouillard**, doctor
- **Lise Guénette**, naturopath

Several other popular guests will also be present to share their experience, their dynamism and their colours: **Gardy Fury**, **France D'Amour**, **Jacynthe René**, **Marilou**, **Virginie Goudreault** alias Blond Story and more!

The Expo, with its **5 educational stages**, continues to be a platform for the sharing of knowledge and inspiration. A multitude of conferences and innovative workshops will be offered throughout the event — presenting natural and wholesome solutions to further take one's health in one's hands.

Friendly, ethical **eco-gastronomy** and **eco-attitude** remain at the heart of the Expo's approach! At the Expo we learn about green cuisine using local, organic and fair trade products that combine quality, flavour, and respect for the environment. We become more informed about the quality and origins of the foods and products we use — including body care, home maintenance and more.

Conscious eating has never tasted more delicious!

The 2018 edition of the Expo Manger Santé et Vivre Vert will feature **copious amounts of gourmet food tastings and innovative products to discover**: seitan bread, fermented turmeric, camelina honey, cold brew coffee, vegetable-based ice cream and sorbets, chickpea milk, unpasteurized organic maple water, lacto-fermented pickles, grasshopper salt, wild blueberry and hemp bars, ready-to-use aromatherapy essential oils, activated charcoal deodorant, algae-based paint and more!

The more informed we become about what is truly at stakes in relation to our lifestyles and eating habits, the better able we will be to take care of our health! Expo Manger Santé et Vivre Vert is the unmissable health food event in Québec.

expomangersante.com

