

# Fair and well add up to something good in Wakefield

Think of the words “fair” and “well” in combination and you’ll be saying hello to some-

thing good. Such as the Wellness Weekend in Wakefield – in which the Fair Trade Fair plays

a major part.

The weekend kicks off with a dance Friday night, May 14 at the Rupert Hall, with Wakefield band Godknowswhat – featuring Brian Sanderson, Denis Drouin, Bruce Cawdron and Peter Andree – cranking out Cajun tunes sure to get people up and boogieing.

If one were to suggest that dancing has nothing to do with wellness, Fair Trade Fair organizer Alise Marlane begs to

differ: “Dancing is part of wellness,” she said.

“It’s good for the soul.”

The Rupert program beginning at 8 p.m. will also feature two-step and waltz dance lessons with Tom Calwell and Myra Hirshberg. Tickets are \$10 per person. The Fair Trade Fair follows on Saturday and will feature local artisans, producers, musicians and artists celebrating three years since La Peche became a fair-trade municipal-

ity. The Fair, scheduled for 10 a.m.-2 p.m., is free to everyone. The weekend wraps up May 16 at the Rupert Hall with a Wellness Gathering, organizer Destini Broom’s attempt to bridge the gap between mainstream and alternative medicine.

*“Dancing is part of wellness. It’s good for the soul.”*

*-Alise Marlane*

It also aims to create a wellness community, where people can share ideas from the world of wellness in a safe and local environment.

The day will feature practitioner mini sessions, including Stress Reduction with Dr. Thomas Minde, Thai Yoga for Two with Owen Tuf, and Chakra Healing with Shelley Harrison, among others.

The gathering, scheduled for 11 a.m.-3 p.m., will also feature demonstrations, workshops and presentations.

For more information on Wellness Weekend in Wakefield, visit [www.mvwakefield.com](http://www.mvwakefield.com).