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**For Immediate Release****Health and Wellness Practitioners Come  
to the Cambridge Farmers' Market in July**

Cambridge, Ontario. June 29, 2010... 'Health & Wellness at the Market' is the focus in July when a group of local practitioners join the market team to share their wellness insights and in depth knowledge with patrons. Sample the new offerings in July such as a healthy smoothie treat to take the heat off on that warm summer day.

"Each month, the heritage Cambridge Farmers' Market continues to add new features to its atmosphere as an added value to our customers," says Jacqueline Bayley, Market Manager. "It's our way of keeping it fresh (pardon the pun)."

In July, the following local business leaders will be at the Dickson Street farmers' market:

- Karie Locke, Register Reflexology Practitioner (RRP)
- Deborah Berry, Holistic Health Practitioner, Certified Massage Therapist, Forever Young Day Spa
- Dr. Susan M. Fisher, Dr. of Naturopathic Medicine
- Charlene Deeks, Naturopathic Centre for Naturopathic Medicine
- Dr. Fisher who will also offer samples of nutritional 'Healthy Good Morning Shakes'
- Representatives from "Euphoria" will offer for purchase fresh strawberry smoothies

Each Saturday in July, patrons are encouraged to bring their questions along, partake in treatments, or simply take advantage of all the educational benefits to improving overall health.

"Learn about healthy alternatives through our guest features and healthy eating from our veteran vendors who take pride in the healthy products they provide," adds Bayley. Mental health is just as important as physical health and there's a 'Kids Corral Craft and Activity' area where they can enjoy a free craft to take home, colour, read a book or play.

The Cambridge Farmers' Market offers fresh seasonal produce, deli meats and cheeses, flowers, baked goods, fresh tea or coffee and

handmade crafts. Enter a ballot to win the July market hamper filled with items from each vendor valued at approximately \$100.

Cambridge Farmers' Market is a full season market every Saturday from 7:00 am to 1:00 pm and also runs Wednesdays throughout the summer months between 8:00 am to 2:00 pm.

The planning for subsequent months is underway and staff will be bringing an Arts & Culture theme to the market in August followed by special cooking demonstrations in September with a 'Chef Meets Farmers' focus. More info on one of Canada's top ten farmers' market visit: [www.cambridge.ca/market](http://www.cambridge.ca/market)

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Contact:

Jacqueline Bayley  
Market Manager, Cambridge Farmers' Market  
Downtown Cambridge  
519-740-4680 ext 4252  
bayleyj@cambridge.ca

#### About Cambridge

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in Southwestern Ontario, part of Canada's Technology Triangle. In 2009, the population reached over 126,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

#### About the Corporation of the City of Cambridge

The Corporation of the City of Cambridge is a dynamic organization filled with dedicated people who deliver vital municipal services to you. Services that residents, businesses, visitors and people like your family and friends enjoy. We're a comprehensive team of professionals: engineers, financial specialists, skilled trades, administrative experts, customer service, communications - and the list goes on.

We're proud to be part of the systems that bring you the array of services that citizens in Cambridge need:

- Parks and recreation
- Activities and programs like pools, seniors' centres, community centres, arenas and other facilities
- Sports programs and all the needs related to playing fields, like indoor soccer, baseball diamonds and other amenities
- Events
- Farmers' Market
- Cemetery services
- Road programs
- Leaf pick up services
- Winter maintenance services
- Water and sewer services
- Fire, emergency and related services
- By-laws and enforcement
- Tax administration
- Licensing for businesses, lotteries, marriage, dogs, and other services like applications for birth, death and marriage certificates, notarizing or commissioning of documents

- Archival research
- Economic Development and business support programs
- Tourism support to share opportunities to showcase the festivals and help bring visitors in to support retail and other elements of the economy
- Administration of committees, steering groups and advisory groups
- Planning and development services
- Traffic and parking services
- Ensuring the best security, police, transit, garbage, water processing service, utilities, animal control are in place.
- Libraries and galleries
- Centre for the arts
- Accessibility matters
- Council services including things like supporting the up coming needs of our residents for the Oct 2010 municipal elections

It's a multitude of services and we continue to refine and review them to ensure we deliver the services in the most effective, efficient, and proactive ways.

In 2010 we are undergoing a corporate service review. This is a further check and balance system to seeking improvements - like better technologies to simplify processes or realigning how we operate. The comprehensive review is happening this year with a view to providing a report to Council for consideration. The report will be available by year end and will be addressed by the newly elected council for the 2011 budget.

For more information on the area or the corporation visit [www.cambridge.ca](http://www.cambridge.ca)

The City of Cambridge press room is located at

[http://www.cambridge.ca/the\\_office\\_of\\_the\\_chief\\_administrative\\_officer/corporate\\_communications\\_marketing](http://www.cambridge.ca/the_office_of_the_chief_administrative_officer/corporate_communications_marketing)

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