



## **My Keto World Announces Launch of First Ontario Keto Fair in London. Educating & Informing About the Ketogenic Lifestyle**

*The ketogenic diet, in its many forms, has been shown to be the quickest and healthiest way to lose body fat. My Keto World Canada will bring all Keto friendly businesses together on this day to celebrate all things Keto along with showcasing several support professionals for the Keto enthusiast or the person who wants to learn more about the Keto lifestyle.*

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While the main points of how to “Go Keto” are pretty well-known, the little details, tips, and strategies are what most experts say help a person stay on the healthy diet for the long run, transforming it into an everyday lifestyle. The good news is health and Keto coach Khadijah Haliru is bringing the Ontario Keto Fair to London, Ontario, because she believes the Keto community and business response to it is growing fast in our region.

“Keto is life-changing and I am doing my best to educate and inform on how to adapt to the changes you need, by helping to increase access to Keto options in the market place. We all deserve more choices and for businesses new and old supporting the Keto lifestyle, this fair is definitely the place to be to have your brand on the mind of Keto’ers,” commented the passionate Haliru.

Haliru will be organizing the 1st Ontario Keto Fair in Canada where many of the Keto companies, farmers and individuals from all over will be featured. The fair is still accepting vendors until February 19, 2019, from food and hospitality, home and garden, craft makers, professional speakers, and more groups. With plans to list the attending vendors in **My Keto World Magazine**, there will be an ongoing effort to serve the Keto community.

### **When + Where**

**9 am - 6 pm - March 3, 2019**

**Centennial Hall, 550 Wellington Street, London, ON N6A 3P9**

Cost to attend is only \$5 with \$5 parking on site. Tickets are currently selling on their website [www.myketoworldcanada.com](http://www.myketoworldcanada.com) and on [eventbrite.com](http://eventbrite.com), listed under “1st Ontario Keto Fair.” Potential vendors should email [info@myketoworldcanada.com](mailto:info@myketoworldcanada.com) for more information.

The Keto Fair activities include discount certificates, door prizes, raffle tables, food sampling, speaking engagements, inspiring Keto stories, wellness coaching, and a variety of business introductions to the community.

For more information on the inspirational Khadijah Haliru and her multi-faceted work, visit <https://www.khadijahhaliru.com>.

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