

3RD ANNUAL

# HOLISTIC HEALTH & FITNESS

## Expo

A CELEBRATION OF HOLISTIC HEALTH,  
ALTERNATIVE THERAPIES & COMMUNITY WELLNESS

MIND. BODY. HEART. SPIRIT. COMMUNITY.



**SUNDAY**  
**NOVEMBER 8, 2026**  
10:00 AM – 3:00 PM



**DISTRICT 56**  
8230 Civic Center Dr.,  
Elk Grove, CA 95757



**FREE COMMUNITY EVENT**

*All are welcome!*

## Sponsorship PACKAGE

PARTNER WITH US.  
MAKE AN IMPACT.  
INSPIRE WELLNESS.  
BUILD COMMUNITY.

PRESENTED BY



CITY OF  
**ELK GROVE**  
PROUD HERITAGE. BRIGHT FUTURE.



ADDITIONAL  
SPONSORS  
COMING SOON!



TOGETHER, WE CAN CREATE A HEALTHIER, STRONGER, MORE CONNECTED COMMUNITY.



# 3RD ANNUAL HOLISTIC HEALTH & FITNESS EXPO

## About the Expo

[The Holistic Health & Fitness Expo](#) is a community wellness event designed to connect attendees with the best resources in fitness, nutrition, mental wellness, holistic healing, and preventive health. The event brings together businesses, practitioners, educators, and community leaders who share a common goal: helping individuals and families live healthier, more empowered lives.

With 2,000+ anticipated attendees, the Expo provides a unique opportunity for sponsors and exhibitors to engage directly with a highly targeted audience interested in wellness, personal growth, and healthy living.

## Expo Highlights

- Wide range of exhibitors
- Keynote speakers & experts
- Educational workshops
- Live demonstrations
- Access to health enthusiasts & influencers
- Natural, organic and local product marketplace



*Maria Kang*  
FOUNDER ♡

“ I created this Expo because I saw a need for **those seeking whole health**.  
— — — — —  
We are learning how to engage with our bodies **emotionally, physically, mentally, and spiritually**.  
— — — — —  
I am grateful for the **Leaders** who are helping others **heal their bodies from the inside out**.  
— — — — —  
This Expo is a **blessing** to the **Sacramento community**. ”

3RD ANNUAL  
**HOLISTIC HEALTH & FITNESS** *Expo* ♡

📅 NOVEMBER 8, 2026 | 📍 DISTRICT 56 | 🌞 ELK GROVE, CALIFORNIA

♡ DISCOVER. CONNECT. HEAL. THRIVE. TOGETHER. ♡

# EXHIBITOR CATEGORIES

- Nutrition & Supplements
- Fitness & Exercise
- Mindfulness & Meditation
- Wellness Products
- Alternative Therapies
- Health Services
- Community & Support Groups
- Coaching & Counseling
- Herbal & Natural Remedies
- Mental Health Providers
- Fitness Apparel & Gear
- Beauty & Skincare
- Free Health Screenings



## REASONS TO EXHIBIT

- Sell your products/services
- Face to face with attendees
- Generate leads
- Gather competitive intelligence
- Strengthen your brand
- Networking opportunities
- Targeted marketing exposure
- Media coverage potential
- Positive brand association
- Community engagement
- Obtain customer feedback
- Demonstrate latest products



# VENDOR & SPONSORSHIP OPPORTUNITIES

*Custom sponsorship opportunities are available for organizations seeking enhanced visibility, stage recognition, promotional partnerships, and community impact.*

## **STANDARD BOOTH: \$200 (\$249 after 9/1/26)**

- 10'x10' booth outdoor
- \* if you are a nonprofit, pls inquire about our discounted rate.

## **SUPPORTING SPONSOR: \$400**

- 10'X10' booth outdoors
- Logo placement on event materials

## **BRONZE SPONSOR: \$2,000 (limited number available)**

- 10'X20' booth space with choice of indoor or outdoor location
- Prominent logo placement on event materials
- Mention in event-related media communications
- Verbal recognition during specific sessions

## **SILVER SPONSOR: \$3,000 (limited number available)**

- 10'X20' booth space with choice of indoor or outdoor location
- Ability to choose booth location
- Prominent logo placement on event materials
- Recognition in opening and closing remarks
- Featured in event marketing campaigns
- Brand awareness (2 ads)

## **EXCLUSIVE GOLD SPONSOR: \$4,000**

- Title sponsor of the Holistic Health and Fitness Expo
- 10'X20' booth space with choice of indoor or outdoor location
- Ability to choose booth location
- Prominent logo placement on event materials
- Recognition in opening and closing remarks
- Featured in event marketing campaigns
- Brand awareness (3 ads)
- 'Thank you' post on founder Maria Kang's social media channels

# EXHIBITOR INFORMATION

## IMPORTANT NOTE

Booths are reserved on a first come, first served basis with paid deposit. Verbal reservations are not accepted.

## BOOTH PREFERENCES

Exhibitors will bring own tent, table and chairs. Producers will email the floor plan for booth selection 6-8 weeks prior to the Expo. Producers cannot guarantee placements but will try their best to honor special requests. Producers organize booth placement, so no two exhibitors alike are placed together.

*\*5 x 2.5' table and 2 chairs can be provided for indoor locations*

## SET UP & TEARDOWN HOURS

**Move In/Set Up:** Sunday, November 8, 2026 from 8:00am to 10:00am

**Teardown & Clean Up:** Sunday, November 8, 2026 from 3:00pm to 5:00 pm

\*Teardown before 3:00pm is STRICTLY PROHIBITED

## PAYMENT OPTIONS & DEADLINES

After submitting your application, expect to receive an invoice through email within 48 hours. To secure your booth(s), payment must be made within 3 days of the issued dated of the invoice. No exhibit will be permitted to be placed in the exhibition space until full payment has been made.

## FOOD VENDORS

Exhibitors interested in providing food or beverage samples must provide Show Management proof of insurance coverage no later than one month prior to the Expo. The Exhibitor shall maintain adequate insurance throughout the duration of their participation.

## HOW TO REGISTER

Complete the Exhibitor & Sponsor Registration Form at the link below. An email will be sent with invoice within 48 hours. If email is not received, please email us at: [holistichealthfitnessexpo@gmail.com](mailto:holistichealthfitnessexpo@gmail.com).



**THE SOONER YOU REGISTER, THE HIGHER PRIORITY IN SELECTING YOUR BOOTH LOCATION.**

Join us in raising awareness about health and fitness  
among the city of Elk Grove!

#hhfexpo

Website: [www.holistichealthfitnessexpo.com](http://www.holistichealthfitnessexpo.com)

IG: [holistichealthfitnessexpo](https://www.instagram.com/holistichealthfitnessexpo)

FB: [holistichealthfitnessexpo](https://www.facebook.com/holistichealthfitnessexpo)

Email: [holistichealthfitnessexpo@gmail.com](mailto:holistichealthfitnessexpo@gmail.com)