

# Refresh. Reset. Re-imagine Your Wellness.

THIS SEASON'S PREMIER HEALTH & WELLNESS EXPERIENCE

## GEORGETOWN'S HEALTH & WELLNESS EXPO

Sunday, February 1

10:30am - 4:30pm

\$5 / person • \$10 / family

Georgetown  
Community Center



When winter settles in and routines start to feel stale, there's something energizing about stepping into a space designed to reset your body, mind, and daily habits. That's exactly what the **Georgetown's Health & Wellness Expo** aims to deliver this season—bringing together a carefully curated mix of local wellness resources, practitioners, and techniques in one welcoming, hands-on event.

Created by Christy Lane, the expo has quickly become one of Georgetown's most anticipated new gatherings—so quickly, in fact, that vendor spots filled fast. Christy says that momentum was no accident. The expo is intentionally starting small, with a low booth price that makes participation realistic for Georgetown's "hidden gems"—the independent studios, practitioners, and wellness entrepreneurs who don't always have the budget to show up at large-scale expos. "We sold out quickly and even have a waiting list," Christy says. "We're pleased to have so many local vendors who are very passionate about what they do and happy to serve our own community."

That affordability has a direct payoff for attendees: a wider variety of booths, more discovery, and a better

chance of finding something that genuinely fits your life. Instead of seeing the same large brands repeated across event after event, visitors can explore an unusually diverse lineup of techniques and services—many offered by people who are deeply passionate and, in some cases, exhibiting for the very first time.

### Natural Approaches, Real-World Solutions

More than just a vendor fair, Georgetown's Health & Wellness Expo is built to be interactive, approachable, and genuinely useful. Think of it like a sampler platter for your well-being: you can ask questions, try something new, get a feel for different approaches, and walk away with practical next steps that don't require a major commitment on the spot.

At the heart of Christy's vision is a clear distinction: this isn't a parade of quick fixes or the latest fad diets. The focus is on natural remedies, evidence-informed alternatives, and lifestyle adjustments—the slow-and-steady kind of wellness that tends to last. Whether you're trying

*A space to encourage happiness, healthier living, and well-being —  
wherever you are on your journey. ~Christy Lane*

to reduce stress, build strength, improve sleep, support emotional well-being, or simply feel better in your own skin, the expo offers options that emphasize consistency over hype.

That whole-person approach is what makes the event appealing across ages and stages of life. For families, it's an easy way to explore wellness options together in a low-pressure environment. For busy professionals, it's a one-stop opportunity to connect with providers who specialize in sustainable routines. For retirees, it's a fresh way to learn about aging well and staying active. And for wellness-curious beginners, it's a friendly entry point—no intimidating fitness culture, no hard sells, and no judgment.

## Georgetown's Hidden Gems

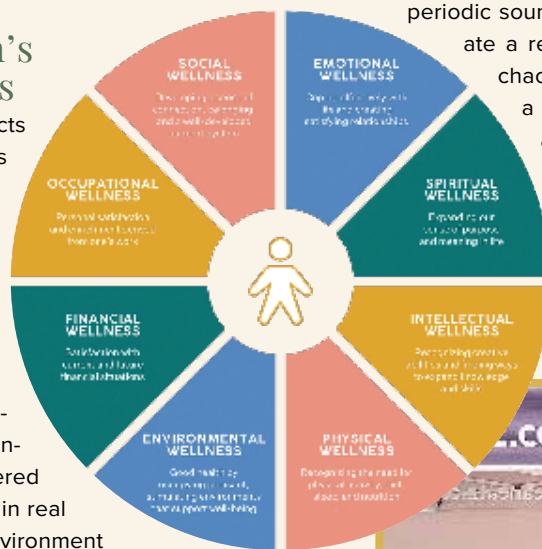
The exhibitor mix reflects that philosophy. Besides vendors, visitors will enjoy small demos of yoga and dance plus frequency-based wellness modalities such as singing bowls, tuning forks, and vibration-focused practices. If you've seen interest rising around "frequency therapy" and wondered what it actually looks like in real life, this is the kind of environment where you can observe it, ask questions, and decide for yourself—without the weird tangents some pop-up events can drift into.

There will be 35 exhibitors; some offering grounded, natural approaches—think red light therapy, breathwork and stress relief, holistic and preventive resources, recovery and mobility support, and local businesses helping people create healthier day-to-day habits.

An example of some of the exhibitors include Novita, an international company that has redefined wellness with the Hybrid Spa Concept, blending the day spa experience with regenerative therapies, Maintaining the Machine, a holistic wellness studio emphasizing a body-positive mindset with sustainable habits, and Clean EatZ, finally fast food that is good for you, offering fresh made balanced meals, that are affordable and ready in minutes.



Throughout the day, attendees can expect moments designed to keep the atmosphere upbeat and calm—like periodic sound or frequency elements that help create a relaxed environment rather than a loud, chaotic trade-show feel. Dare to Dance is a mobile social dance business serving all ages at schools, homes, and events. They will offer fun mini dance lessons every 30 minutes, featuring popular party dances. Dare to Dance is passionate about how dancing benefits people of all ages physically, mentally, socially, and emotionally.



*If you've been looking for a reason to recommit to your health, discover Georgetown's wellness "hidden gems," and explore techniques you may not even know existed, the Georgetown Health & Wellness Expo offers a warm, inspiring place to start.*