

It's going to be a wonderful Health & Wellness day at the Vanderbilt Recreation & Wellness Center...

Come and join us on June 1st, for an unforgettable mix of fun and entertainment, covering EVERY aspect of your health and well-being.

There's something for ALL the family - great advice, top guidance, advice and information on every kind of traditional, alternative, functional and holistic therapy.

Roundel:

30% DISCOUNT - BOOK NOW!

Book early and enjoy 30% discount.

There's a limited number of FREE workshop tickets, too!

A wonderful source of inspirational ideas, *PLUS* great food!

You'll find so many great ideas at this marvellous show. With over 200 national and local companies, there's something for everyone, whatever your age. You'll be spoilt for choice!

It will be the biggest event of its kind in Nashville for years - and it's going to be a great day out for everyone, whatever your age or interest.

We're sure you will be very impressed by the fabulous list of exhibitors. Have a look here:

It's not too late to be an exhibitor and be part of this incredible event. Contact us here:

Workshops

There's an incredible variety of workshops at the show, covering all the key aspects of health and wellness.

Headlined by top experts in their field, you'll see and hear the very latest motivational ideas, together with practical, helpful guidance for your mind, body and spirit.

Every workshop is crammed full of valuable advice and guidance - and fascinating case studies.

There are full details of the workshops below - and how to book your tickets here:

Delicious healthy food and drink vendors for you to savor and enjoy

There will be a stunning array of food and drink options at the show - from local and national companies - where you can taste, sample and buy the very best products to improve your health and fitness.

Meet your favorite local author

If you're a lover of reading, then you'll have tremendous fun meeting and talking to your favorite authors - and taking advantage of some really special show offers and book signings.

So many top authors will be at the show. Have a look at who is attending - and the timetable for the day, by clicking [here](#).

FREE Entertainment on the Main Stage

What a day it promises to be on the main stage!

There's going to be guaranteed fun for everyone in the Fest Hall, starting with Erin Oprea's high-octane keep-fit session. You'll also see Puppy Pilates and a local Gym demonstration and much, much more. Plus, you won't want to miss a lunchtime gig by up-and-coming country star Kylie Morgan, which promises to be something special.

The full timetable of events on the main stage, is available [here](#):

A special area for nursing mothers and families with babies...

Courtesy of Rejoice! Birth Services.

This event is for the whole family, so don't forget to bring the baby! There will be a specially screened off private area where diapers and baby-changing facilities will be available throughout the day.

How to Contact us

To find out more about the Nashville Health and Wellness Fest, couldn't be easier:

Just call us on: **615 678 5683**, or email us at expo@phrmedia.com

Or, you can write to us at Nashville Health & Wellness Fest, PHR Media LLC, 197 Thompson Lane, Nashville, TN 37211

Click [here](#) for directions to the venue: 2700 Children's Way, Nashville, TN ©

WHY YOU SHOULD BE AT THE 2019 NASHVILLE HEALTH & WELLNESS FEST...

It's unmissable, that's why! This event is going to be the show of the year in Nashville.

It's a perfect showcase and platform for your organization - and being part of it speaks volumes about your commitment to the area of health and wellness.

How can you not be there? The Festival will cover all the areas of Alternative, Holistic, Functional and Traditional treatments and therapies.

And that's not all. There are Spas, Gyms, Wellness Centers, and more!

Judging from the feedback we have already received, the show is going to be hugely popular. So, if your organization provides a health or wellness-related product or service, you simply have to be there, or you will miss out on so much.

There are massive advantages of booking early. As an early booker, your name will appear in all our pre-show promotion and publicity. This will include our magazine, our website and the social media pages.

That's FREE publicity, promoting you, your company and your products.

This event is going to be something really special, covering all aspects of health and wellness, which as you know, is so important for everyone these days.

There are 10 top-class informative workshops and talks by industry experts and local and national celebrities. There are demonstrations, advice and fun for every age group, with day-long activities and entertainment, plus the 'meet the author' sessions

Consumer attendance will be high. Can you afford to miss the opportunity?

SAVE 30% BY BOOKING YOUR TICKETS ONLINE

Sponsored and organized by: Nashville Health & Wellness Magazine

Exhibiting at the Nashville Health and Wellness Fest

We welcome three types of exhibitor or vendor:

1) **Commercial Exhibitor:** An organization or individual, selling or promoting any kind of health, wellness, fitness products, service, or therapy from Acupuncture to Yoga, Dentistry to Reflexology.

Booths cost from ONLY \$240 - so it's not going to break the bank or the budget - and the benefits to you are immense...

2) **Food Concession:** There are still a few opportunities for relevant companies to join the wide variety of Healthy Food options already available for visitors to buy or sample at the event.

And to ensure a strong local flavour, we are offering very attractive incentives to Nashville's Healthy Food Caterers to join us. Call us today on **615 678 5683** to find out more.

3) **Natural and Healthy Product Retailers, Crafts & Local Artisans:** This exceptional event provides a superb opportunity to showcase and sell your products and to gain new customers and advocates. Let us be your shop window.

Take advantage of early booking discounts - and book today!

How the Nashville Health and Wellness Fest will attract your prospects and clients...

We have a strong promotional programme to promote and support this exciting event, which will be held at Nashville's most prestigious venue - The Vanderbilt Recreational & Wellness Center.

Some of the activities will include:

- Ads and announcements every month in Nashville Health and Wellness Magazine (with a complete show guide in the May issue).
- Weekly updates on both www.healthandwellnessnashville.com and www.nashvillehealthandwellnessfest.com
- Weekly updates on the Health and Wellness Fest newsletter.
- Weekly updates on our Facebook and Instagram pages.
- Local Radio advertising and PR.
- Local newspaper and magazine advertising
- Extensive Social Media advertising.
- Billboards in and around Nashville
- Regular Email marketing to 30,000 health-conscious individuals in Middle Tennessee.
- The hiring of celebrity speakers and headliners to ensure wide news coverage across middle Tennessee.

We have also retained the services of one of Nashville's top PR and Marketing agencies - Reed PR - to ensure that maximum publicity and awareness is created about the event.

About Us

The long-established and well-respected Nashville Health & Wellness magazine - is the organizer of this prestigious event.

The magazine is owned by PHR Media LLC.

Nashville Health & Wellness is middle Tennessee's leading and longest-established magazine for anyone interested in their health and well-being.

For the last seven years, we have informed, educated and entertained our readers on a huge range of Health related topics. 20,000 copies are distributed every month in over 1,000 prime, high-traffic locations in and around the Nashville metro area.

The Publisher, Paul Rowney, has over 40 years' experience in organizing events in Europe and the USA. Have a look at his LinkedIn Profile, to see his vast experience in the event industry.

Paul has a great team of dedicated organizers and marketing professionals working with him, to guarantee the success of this event.

For all media enquiries, please contact Rachel at rachel@reedpublicrelations.com

Nashville Health and Wellness Fest News

Want to receive the latest News and Updates about the Nashville Health and Wellness Fest? There are several ways to keep updated. Here are a few...

Newsletter: Sign up here to get the regular updates about the show, delivered directly to your inbox.

Instagram & Facebook: Keep visiting us for the latest information.

Magazine Website: Nashville Health & Wellness magazine's website - www.healthandwellnessnashville.com will be continually updated with the very latest news.

Event Website: The event has its very own website - www.nashvillehealthandwellnessfest.com and will be continually updated, as new exhibitors, vendors and presenters are confirmed.

On-Stage Timetable

Erin Oprea 10:30-11:00am

Join celebrity fitness trainer Erin on stage for her workout. There are limited spaces available and this will be popular, so, come early to save disappointment.

Puppy Pilates 11:30-12:30pm

Do you enjoy Pilates? Join this fun demonstration on stage, but please turn up in plenty of time, as only a limited number of people can participate. Please do NOT bring your own dog!

Organized in conjunction with the Nashville Humane Association.

Kylie Morgan 1:00-1:30pm

A lovely lunchtime treat. Come and enjoy this up-and-coming country music star who will entertain you with an acoustic set.

Nashville Gymnastics Club 2:00-2:30pm

Be amazed and stimulated by watching some of the club's youngsters go through their paces on the stage.

The schedule is subject to change

Admission Prices: Save 30% by booking in advance

For general admission to the Health & Wellness Fest, author signings and main stage entertainment, tickets cost just \$10 per person when booked in advance online. (\$11 inc fees and tax) Children under 12 are admitted FREE.

Admission on the day is \$15. (Children under 12 FREE).

Workshops:

The first 50 tickets to each workshop are FREE, (plus Fest Admission Fee) - thereafter \$10 per person. (\$11 inc fees and tax). Please remember, each workshop has limited capacity. So, book now, to make sure you are not disappointed.

There's loads of FREE parking, too! [Click here for directions.](#)

Every visitor gets a FREE Fest Show guide.

Make sure you take advantage of the \$5 saving and book your tickets in advance, using the online facility. A 30% discount is worth having!

BOOK YOUR TICKETS ONLINE NOW!

Come and meet your favorite local author

So many of Nashville's most popular authors will be at the Nashville Health and Wellness Fest. Why not pop along and say hello? You will be able to benefit from any show discounts available and also be able to buy signed copies of books.

Those already attending the Fest, include:

Pete Dunlap

Author of: *Digital Detangler: A Guide to Mindful Technology Use*.

Laura Lea Bryant

Holistic Chef and author of *The Balanced Cookbook*.

Alane Boyd

Author of *The Burger Fit Cookbook*.

Erin Oprea

Celebrity personal Fitness Trainer and author of *The 4×4 Diet*.

Becca Stevens

Author of over 10 books, including: *Love Heals* and *The Way of Tea and Justice*.

Lee McCormick

Author of several books, his latest being *The Heart Reconnection Guidebook*.

Gigi Butler

Founder of Gigi's Cupcakes and author of *The Secret Ingredient: Recipes for Success in Business and Life*.

Dr. Tiffany Breeding

Nutrition expert and author of *The Metabolic Makeover*.

Dan DeFigio

Author of *Beating Sugar addiction*.

New authors are signing up to join us at the event every day, so make sure you check continually, to see if your personal favourite will be joining us.

Also, check back nearer the date of the Fest, to see what time any particular author will be in the Author's Booth, so you can co-ordinate your visit.

Schedule subject to change.

SAVE 30% BY BOOKING YOUR TICKETS ONLINE

Workshops

SAVE 30% BY BOOKING YOUR TICKETS ONLINE

Please check you are not booking workshops that are running at the same time.

Love Heals

10.30-11.15am **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

The Love Heals workshop will be run by one of Nashville's most prominent and successful non-profit entrepreneurs, Becca Stevens. She will tell the inspiring and heart-warming story of the survivors at Thistle Farms, who have experienced healing that has changed their lives. It will empower attendees to find ways to invite love to heal in their own lives and will offer simple ways to make a difference in the lives of others. It will bring hope to anyone in need of healing and inspire anyone who wants to work for spiritual good in the world.

[Read more](#)

Unbreakable: a complete guide to making your Bones fracture proof at any age

11.00-11.45am **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

This will be a fascinating workshop and guide. It is a complete guide to bone health and the prevention and reversal of bone loss. Diane Mulloy will help educate you on the basics of bone health, nutrition and supplementation. She will review the risk factors and causes of bone loss, as well as natural solutions to reverse or prevent it.

[Read more](#)

Fight back against smartphone and compulsive technology use! Sanity is within reach: Discover real-world strategies for taking back control

11.45am-12.30pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

Whether you are a harried parent, tired of the daily iPad fight, or a busy professional intent on spending your day as efficiently as possible, this session will be packed with practical (and often surprising) information about the time you spend with technology. By the end of the session, you will be equipped to build a healthier digital environment, so that you and your family can use technology's best tools without becoming lost in the distractions that our always-on culture provides.

[Read more](#)

Why a lack of Work/Life balance is killing you-and how you can change that in three steps

12.15-1.00pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

You CANNOT pour from an empty cup. Lauren will reveal her three-step PROVEN formula to balance that will change your life forever. Lauren's 3 Step Strategy to Work-life Balance:

STEP 1: FIGURE OUT WHERE YOU'RE STUCK

How do currently you feel? How do you want to feel?

Where are you lacking balance? What is it costing you?

Set goals to regain balance- and more...

[Read more](#)

Discover a drug-free alternative for Depression, Anxiety, ADHD.

1.00-1.45pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

See a live demonstration of LENS Neurofeedback - and discover the potential this amazing technology has, to help anyone with these conditions, as well as others like Concussion, PTSD & Migraines. Two top LENS Certified Practitioners will be explaining how the process works and how this non-drug, non-invasive therapy has more than a 95% success rate.

[Read more](#)

Wholeness in Relationships: Balancing kindness, connection and a core sense of self
1.30-2.15pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

In our high-speed, digital world, it is hard to find and maintain healthy relationships. Good relationships set us up to be our best selves, while unhealthy relationships can make us sick. Come learn about the need we all have for connected, life-giving relationships, how healthy boundaries give us freedom be kind - and how we protect our core sense of self, while walking through life in intimate relationships with others.

[Read more](#)

Alzheimer's Disease Here, Now, and Where Are We Going?

2.15-3.00pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

Are you worried about your memory, or the memory of a loved one?

Do you have a family history of Alzheimer's disease or dementia? Interested in learning how genetics play a part in the development of Alzheimer's disease? Interested in the correlations between a healthy lifestyle and Alzheimer's disease prevention?

Are you a caregiver to someone living with Alzheimer's disease looking for additional resources?

If so, this workshop is for you!

[Read more](#)

Plant Based & Powerful: How one Chef convinced Titan's top players to become Vegans

2.45-3.30pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

Chef Charity has well over 15 years of experience as a chef, but her calling to become plant-based followed, as a result of her family's own transition. That transition, paired with her affinity to cook, sparked her creativity and a new challenge. As Chef Charity provided plant-based meals for her family, NFL players began to hone in on her talent as they witnessed her husband eating what looked like delicious everyday meals that also provided the essentials for optimum athletic performance.

[Read more](#)

Anxiety-no more!

3.30-4.15pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

Anxiety affects approximately 40 million people in the United States. We all know someone who struggles with it. So, what causes anxiety? Why are so many people anxious? What can we do about it? Cortney Edmondson struggled with severe anxiety that manifested as debilitating insomnia. For over a year, her anxiety caused major implications on her work, personal life and even her health. After a lot of work and practice, Cortney has gained powerful tools and solutions that have helped her overcome anxiety. Now, she chooses to empower and equip others to do the same.

[Read more](#)

Optimizing your health through Nutrition

4.00-4.45pm **BOOK YOUR PLACE NOW** First 50 places FREE (plus Fest admission charge)

This workshop will briefly cover what is going wrong with America's standard diet, followed by a very detailed description of how to optimize your diet to battle inflammation, to reduce the risk of cancer - and to promote healing in your body.

[Read more](#)