

Bringing **Good** Health

*foundation*

# KICKSTART HEALTH & WELLNESS EXPO 2025

SPONSORSHIP PACKAGE

September 6, 2025 @ the  
Capital Turnaround in  
Washington, DC



## 2025 THEME: FOOD FOR THOUGHT

Food for Thought explores the concept that food is more than just fuel—it can act as a powerful tool for achieving optimal health and even serve as medicine. The content emphasizes how the nutrients we consume influence bodily functions, from boosting immunity to supporting brain health. It also explains that while certain foods can trigger healing and prevent disease, others can contribute to inflammation, fatigue, or illness. Ultimately, Food for Thought encourages mindful eating by showing how our dietary choices can have both positive and negative effects on our physical and mental well-being.

# ABOUT US

The BGH Foundation, Inc (BGHF) is a non-profit 501(c)3 dedication to **Bringing Good Health** to women and girls across the nation. The overall health of American women has improved over the past few decades, but not all women have benefited equally. Many women continue to lag in a number of areas, including quality of care, access to care, timeliness, and outcomes. Although there have been improvements in women's health, we still have a lot of progress to make. We provide programs to improve the health of Women through education, engagement, and empowerment.

Our commitment to this mission is unwavering and is achieved through transformative initiatives that empower and heal:

- The BGH Clinic, an outpatient mental health center
- Career Pathways Program
- Minds Matter Campaign
- Kickstart Expo



# Kickstart Health & Wellness Expo

Be part of an unforgettable event in the Washington, DC metro area at the Kickstart Health & Wellness Expo! This exciting event focuses on the vital intersection of mental health and nutrition. This year's theme offers food for thought on how the right nutrition plays a crucial role in mental wellness. Featuring high-profile speakers, health experts, and wellness advocates, this event aims to educate and inspire hundreds of women to take control of their mental and physical well-being.

Participants will experience exclusive workshops, a live talk show, and explore a variety of vendors offering cutting-edge products and services. The Kickstart Expo is not just an event; it's a movement that will empower, educate, and connect like-minded women, all while providing valuable insights into improving mental health and wellness.



**PARTNER WITH US TO EMPOWER WOMEN AND  
ELEVATE MENTAL HEALTH THROUGH NUTRITION**

**SPONSOR KICKSTART**

# PAST SPONSORS



# PAST FEATURED SPEAKERS AT KICKSTART



**VIVICA A FOX**

HOLLYWOOD ACTRESS

2M IG Followers



**MICHELLE WILLIAMS**

GRAMMY WINNING SINGER

1M IG Followers



**DR. HOLISIC**

DETOX SPECIALIST

545K IG Followers



**STEPHAN LABOSSIÈRE**

LIFE COACH

2M IG Followers

# KICKSTART DEMOGRAPHICS

## AGE

10-18: 4%  
20-39: 39%  
40-59: 50%  
60+: 7%

## GENDER

Female: 98%  
Male: 2%

## LOCATION

DMV: 57%  
Pennsylvania: 21%  
New York: 7%  
Other: 14%

## INCOME

<\$40K: 17%  
\$41K-\$60K: 29%  
\$61K-\$91K+: 34%  
\$91K+: 20%

# SPONSORSHIP OPPORTUNITIES

All funds raised in excess of the event expenses will be donated to **BGH Foundation**, a 501(c)(3) non-profit organization.

# SPONSOR THE 2025 KICKSTART EXPO

SPONSOR BENEFITS	LEGACY BUILDER \$20,000	HEALTH CHAMPION \$10,000	LIVE-WELL LEADER \$5,000	WELLNESS WARRIOR \$2,000
VENDOR TABLE	(3) 6 FOOT TABLES WITH PRIMARY VISIBILITY (EQUAL TO LARGE SIZE BOOTH)	(3) 6 FOOT TABLES WITH PRIMARY VISIBILITY (EQUAL TO LARGE SIZE BOOTH)	(2) 6 FOOT TABLES WITH PRIMARY VISIBILITY (EQUAL TO MEDIUM SIZE BOOTH)	(1) 6 FOOT TABLE
LOGO/NAME PLACEMENT	PROMINENT PLACEMENT OF LOGO ON ALL EVENT MATERIALS, INCLUDING INVITATIONS, PROGRAMS, AND SIGNAGE.	LOGO PLACEMENT ON EVENT MATERIALS, INCLUDING INVITATIONS, PROGRAMS, AND SIGNAGE	LOGO PLACEMENT ON EVENT MATERIALS, INCLUDING INVITATIONS AND PROGRAMS	NAME LISTED IN THE EVENT PROGRAM
OPPORTUNITY FOR A REPRESENTATIVE TO SPEAK DURING EVENT	X	X		
EXCLUSIVE MEET AND GREET WITH CELEBRITY SPEAKERS AND INFLUENCERS	X	X	X	
PRESS RELEASES/MEDIA COVERAGE	MENTION IN ALL PRESS RELEASES AND MEDIA COVERAGE	MENTION IN SELECT PRESS RELEASES AND MEDIA COVERAGE	MENTION IN SELECT PRESS RELEASES	
RECOGNITION ON ALL SOCIAL MEDIA PLATFORMS	DEDICATED POSTS RECOGNIZING SPONSOR ON THE EVENT'S SOCIAL MEDIA CHANNELS	RECOGNITION ON THE EVENT'S SOCIAL MEDIA CHANNELS	RECOGNITION ON THE EVENT'S SOCIAL MEDIA CHANNELS	MENTION ON EVENT'S SOCIAL MEDIA CHANNELS
RECOGNITION ON EVENT WEBSITE	FEATURED LOGO AND LINK ON THE EVENT WEBSITE	LOGO AND LINK ON THE EVENT WEBSITE	LOGO ON THE EVENT WEBSITE	NAME LISTED ON THE EVENT WEBSITE
COMPLIMENTARY KICKSTART TICKETS	6 TICKETS	4 TICKETS	3 TICKETS	2 TICKETS

## CONTACT US

✉ [kickstart@bghf.org](mailto:kickstart@bghf.org)

f [/thebghfoundation](https://www.facebook.com/thebghfoundation)

📷 [thebghfoundation](https://www.instagram.com/thebghfoundation)

☎ 240-493-6217