



SATURDAY

SEPT **06**

KICKSTART

HEALTH AND WELLNESS EXPO

at the Capital Turnaround in Navy Yard

BECOME A VENDOR AT KICKSTART



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.

Rochelle T. Parks

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 like yours. 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.



ACCESS HUNDREDS OF WOMEN EMPOWERED TO
ELEVATE MENTAL HEALTH THROUGH NUTRITION
BECOME A VENDOR





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%

VENDOR OPPORTUNITIES

SCAN QR CODE OR [CLICK HERE](#) TO SECURE YOUR VENDOR SPOT!



EXHIBITOR/VENDOR REGISTRATION DETAILS AND PRICING

Benefits	Community Exhibitor (5 Slots available)	Wellness Exhibitor (10 Slots Available)	Booth Exhibitor (10 Slots Available)	Table Exhibitor (10 Slots Available)
Rate	\$1,5000	\$1,000	\$750	\$500
Exhibitor Tables	(3) 6-Foot Tables at Prime Location	(3) 6-Foot Tables	(2) 6-Foot Tables	(1) 6-Foot Table
Admission Tickets ANY ADDITIONAL TICKETS NEEDED FOR PERSONS AT YOUR TABLE WILL NEED TO BE BOUGHT ONLINE AT KICKSTART.BGHF.ORG	4	3	2	1
Swag Bag/Photo Opp With Celebrity	X	X	X	X
Bonus Recognition	Logo recognized in digital and/or banner displays at the event	N/A	N/A	N/A
Exhibitor Recognition	Company Logo & URL Posted on Website Company Name Posted Archived Afterwards Recognition in the Post-Event Newsletter	Company Logo & URL Posted on Website Company Name Posted Archived Afterwards Recognition in the Post-Event Newsletter	Company Logo & URL Posted on Website Company Name Posted Archived Afterwards Recognition in the Post-Event Newsletter	Company Logo & URL Posted on Website Company Name Posted Archived Afterwards Recognition in the Post-Event Newsletter
Event Facebook Page	1 stand-alone post recognizing sponsorship each week in the 3 weeks leading up to the Expo (3 posts total)	1 stand-alone post recognizing sponsorship each week in the 2 weeks leading up to the Expo (2 posts total)	N/A	N/A



CONTACT US

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