



The Wellness
 Expo

ABUJA 2026

“Redefining Wellness: Building Healthier People, Workplaces and Communities”



20-21 November 2026



Abuja, Nigeria

ABOUT THE WELLNESS EXPO ABUJA

The Wellness Expo Abuja is a premier gathering focused on advancing conversations, partnerships, and innovations that promote healthier lifestyles, preventive healthcare, mental wellbeing, workplace wellness, nutrition, fitness, and holistic health solutions.

The Expo will convene healthcare leaders, policymakers, corporate organizations, wellness brands, fitness experts, mental health advocates, investors, development partners, and the general public to explore practical strategies for improving wellbeing across communities and workplaces.

Following the successful hosting of the Wellness Expo Lagos, which convened healthcare leaders, wellness brands, corporate organizations, policymakers, fitness experts, and thousands of wellness enthusiasts, the platform continues to grow as one of Nigeria's emerging wellness and preventive health gatherings.

As wellness continues to shape the future of healthcare, productivity, and economic development, the Wellness Expo Abuja provides a strategic platform for organizations to showcase solutions, engage decision-makers, and position themselves at the forefront of the wellness economy.

WHY THE WELLNESS EXPO MATTERS

Non-communicable diseases, mental health challenges, workplace burnout, unhealthy lifestyles, and rising healthcare costs continue to impact individuals, organizations, and communities across Africa.

The Wellness Expo Abuja aims to:

- 1 Promote preventive healthcare and healthy living
- 2 Encourage wellness-focused workplace cultures
- 3 Increase awareness around mental health and emotional wellbeing
- 4 Showcase innovations driving the future of wellness
- 5 Connect brands with wellness-conscious audiences
- 6 Foster partnerships that improve health outcomes

KEY DISCUSSION AREAS

1

Preventive Healthcare and the Future of Wellness

2

Corporate Wellness and Workplace Productivity

3

Mental Health and Emotional Wellbeing

4

Women's Health and Holistic Wellness

5

Nutrition, Lifestyle Diseases and Healthy Living

6

Fitness, Movement and Active Living

7

Wellness Technology and Digital Health Innovation

8

The Intersection of Aesthetic Care and Holistic Health

9

Bridging Treatment and Prevention: The New Era of Pharma and Wellness

10

Wellness Tourism and Regenerative Health Experiences

11

Community Wellness and Public Health Awareness

PREVIOUS EDITION OVERVIEW

20+

Speakers

30+

Exhibitors

1,000

Registered attendees



HIGHLIGHT FROM THE LAST EDITION IN LAGOS



EVENT ACTIVITIES

1 Keynote Addresses & High-Level Panel Discussions

2 Wellness Experience Zone

3 Pre-event Wellness Outreach

4 Fitness & Lifestyle Sessions

5 Wellness Innovation Showcase

6 Pre-event mixer Networking Sessions

7 Brand Exhibitions

8 Media Engagement & Interviews

TARGET AUDIENCE

The Wellness Expo Abuja will attract:



Healthcare professionals



Government stakeholders



Corporate executives and
HR leaders



Wellness and fitness
enthusiasts



Pharmaceutical and HMO
companies



Hospitals and diagnostic
centers



Digital health innovators



Insurance companies



NGOs and development
organizations



Students and young
professionals



Media and influencers

Expected Attendance: **500+ Participants**

WHY PARTNER WITH US

Partnering with the Wellness Expo Abuja provides your organization with the opportunity to:

1 Position your brand as a wellness and health advocate

2 Engage directly with a high-value audience

3 Showcase products and services

4 Increase brand visibility and media exposure

5 Build strategic partnerships

6 Demonstrate corporate social responsibility

6 Connect with policymakers and industry leaders

SPONSORSHIP PACKAGES

HEADLINE SPONSOR

#10,000,000

Benefits include:

- Exclusive recognition as the event Headline sponsor
- Event naming right i.e The Wellness Expo by XYZ
- Keynote speaking opportunity and panel session participation
- Fully branded exhibition booth with display TV
- Designing of the registration area with company logo
- Logo placement on all delegate Lanyards
- Media interviews and brand mentions on pre, during and post event press engagements
- Joint hosting of the Wellness Outreach and Pre-event mixer
- Two-page advertisement in event brochure
- Dedicated billboard advert

GOLD SPONSOR

₦7,000,000

- Recognition as a Gold sponsor on all event promotional materials
- Branding of delegate bags with company logo
- Panel speaking opportunity
- Fully branded Exhibition booth with display TV
- Brand inclusion across media campaigns
- Media interviews and brand mentions on pre, during and post event press engagements
- Full page in event brochure
- Participation in pre-event wellness outreach and mixer

SILVER SPONSOR

¥5,000,000

- Recognition as a Silver sponsor on all event promotional materials
 - Panel speaking opportunity
 - Fully branded Exhibition booth with display TV
 - Brand inclusion across media campaigns
 - Branding of exhibition access tag with company logo
 - Media interviews and brand mentions on pre, during and post event press engagements
 - Full page in event brochure
 - Participation in pre-event wellness outreach and mixer
-

BRONZE SPONSOR

¥3,000,000

- Recognition as a Bronze sponsor on all event promotional materials
- Panel speaking opportunity or presentation on a topic that resonates with brand activities
- Fully branded Exhibition booth with display TV
- Media interviews and brand mentions on pre, during and post event press engagements
- Half-page in event brochure
- Participation in pre-event wellness outreach and mixer

EXHIBITION OPPORTUNITIES

Fully branded Exhibition Booth

₦700,000

Plain booth

₦400,000



LET'S BUILD A HEALTHIER FUTURE TOGETHER

The Wellness Expo Abuja is more than an event, it is a movement dedicated to promoting healthier lifestyles, stronger communities, and sustainable wellbeing across Africa.

We invite your organization to partner with us as we redefine wellness and inspire meaningful impact.



For sponsorship enquiries and partnership discussions:

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