Healthy Living Expo

Official Run of Show • Neptune Park, Virginia Beach

Friday – Wellness Activations

All Day

Sentara Health – Mobile 3D Mammography Van

Parked at Neptune Park for accessible, on-site health screenings.

Bon Secours – Community Wellness Booth

Providing free blood pressure checks and health consultations throughout the day.

12:00 PM – 12:30 PM

Laughter Yoga & Healing Drum Session

Presented by: Mayumi & Chidori

An uplifting session designed to promote physical and emotional healing through laughter and rhythm.

Saturday – Speaker Series & Performances

9:00 AM – 6:00 PM

2:30 PM – 3:00 PM

Bobby Wright & Team

Percolator Coworking Space

Topic: Creating Intentional Spaces for Healing and Holistic Wellness

3:00 PM – 3:30 PM

Dragon Force National Karate Demonstration Team

Presented by Ryoshin-Kan Karate School – Virginia Beach

Experience an exciting martial arts demonstration showcasing discipline, confidence, fitness, and self-defense.

3:30 PM – 4:00 PM

Edgar Cayce A.R.E. Speakers

Topic 1: Support Your Body's Natural Detox: Lymphatic Drainage Made Simple

Speaker: Judy Stevens

Topic 2: The Longevity Code: Boosting Cellular Vitality, Improving Microcirculation & Supporting Optimal Health

Speaker: Dr. Marshall

Sunday – Wellness, Fitness & Community

9:00 AM – 6:00 PM

7:00 AM

Coastal Edge 5K

Early morning fitness community run kicking off the Sunday expo events.

1:00 PM – 1:30 PM

Reiki Wellness & Meditation Center

Speaker: Triné Eich-Koehn

Topic: You Are Not Broken, You Are Dysregulated

Experience ancient healing practices that help restore balance to the mind and body.

2:00 PM – 2:30 PM

Dr. Susan Clinton

Topic: Super Patch Demonstration: Balance, Energy & Wellness

Discover a drug-free, supplement-free wellness patch through an engaging live demonstration with audience volunteers.

2:30 PM – 3:00 PM

Capoeira Demonstration

Presented by Master Hakeem Ali-Bocas Alexander

Experience the exciting Brazilian art of movement, music, dance, and martial arts.

3:00 PM – 3:30 PM

Integrity Skin & DermCare

Speaker: Theresa Talens

Topic: Skin Cancer Awareness & Prevention

Complimentary skin cancer screenings will be available on-site.

3:30 PM – 4:00 PM

Sentara Health

Speaker: Betsy Carroll

Topic: Colon & Skin Cancer Prevention

Learn about prevention, early detection, available community resources, and receive health education materials and giveaways.

4:15 PM – 4:45 PM

Coastal Edge Presentations

Topic 1: The Joy and Health Benefits of Surfing

Speaker: Wes Laine (Professional Surfer & Coastal Edge Leader)

Topic 2: The Joy and Mental Health Benefits of Skateboarding

Speaker: John Fudala (Professional Skateboarder & Coach)

5:00 PM – 6:00 PM

Kristopher Rodriguez – Aquafeel Solutions Hampton Roads

Topic: Clean & Purified Water: A Foundation for Healthy Living

Learn how advanced water purification technology supports healthier homes through a live demonstration of the Aquafeel system.