

U THE
CARIBBEAN
HEALTH
DIGEST®

hw 26

HEALTH & WELLNESS EXPO

National Academy for the Performing Arts
14th-16th October 2026

▶ Exhibitor Information

Put your brand front and center.



The U Health & Wellness Exposition 2026.

New Year, New Location, Same Unforgettable Experience.

The U Health & Wellness Exposition is Back - Bigger, Bolder, and More Impactful Than Ever! Trinidad and Tobago's premier interactive health event returns, uniting local and international leaders in health and wellness, lifestyle solution providers, product innovators, health food retailers, and both public and private healthcare institutions.

As **the country's most dynamic and immersive health experience**, the expo is dedicated to empowering individuals and communities with the latest medical insights, groundbreaking wellness concepts, and cutting-edge advancements in healthcare technology. From expert-led discussions to hands-on wellness experiences, this three-day event is designed to educate, inspire, and promote a culture of proactive health and well-being.

Discover **innovative solutions, engage with top professionals, and explore life-changing insights** that will help you take control of your health like never before. Join us for a transformative experience where knowledge meets action, and wellness becomes a way of life!





What's New with U

Engaging Workshops

Immerse yourself in dynamic, hands-on workshops designed to elevate your understanding of nutrition, fitness, mindfulness, stress management, and financial well-being. These interactive sessions offer invaluable insights and practical strategies for a healthier, more balanced life. For participating companies, it's a powerful platform to establish thought leadership, share expertise, and build lasting credibility and trust within the industry.

Inspirational Talks

Be moved by speakers as they share transformative insights, groundbreaking research, and compelling personal stories. Gain a fresh perspective on achieving balance and harmony in every aspect of life, with innovative approaches that inspire action and lasting change.

Wellness Marketplace

Step into a vibrant hub of health and wellness, where carefully curated products, organic foods, natural remedies, and sustainable lifestyle solutions await. More than just a marketplace, this is an opportunity for exhibitors to showcase their innovations, connect with industry peers, and engage directly with consumers eager to embrace healthier choices.

Renewed Connections

Network with like-minded professionals and individuals in a thriving community dedicated to health and wellness. Engage in meaningful conversations, exchange innovative ideas, and cultivate lasting relationships that inspire growth, collaboration, and positive change.





2025 in Review

UHWX25, featured dynamic panel discussions and interactive forums that brought together key stakeholders, including government ministries, business leaders, students, and members of the public. With a renewed focus on holistic well-being and critical health issues, the event saw a remarkable increase in participation and attendance, reflecting a growing commitment to wellness across diverse sectors.

Exhibitor Highlights of our 2025 Success Story







Exhibitor 1

US\$2,000

Visual identification would include:

- + One (1) 10' x 8' free space
- + One (1) 6' rectangular table with tablecloth and skirting
- + Two (2) chairs
- + Two (2) 110V duplex outlets
- + Onsite tech support
- + Logo branding on all marketing material

Exhibitor II

US\$1,200

Visual identification would include:

- + One (1) 8' x 6' free space
- + One (1) 6' rectangular table with tablecloth and skirting
- + Two (2) chairs
- + Two (2) 110V duplex outlet
- + Onsite tech support
- + Logo branding on all marketing material





Marketing Strategy

Our marketing strategy will be an integrated approach with the use of some traditional media and new media technologies, all geared to generating the highest level of engagement and participation. These include:

Brand and Messaging

Enhance and strengthen the image and identity of the U Health and Wellness Exposition by crafting clear and concise messaging that resonates for the target audiences.

Digital Marketing

Leverage various marketing channels to reach a wide audience, utilizing:

- Social media platforms
- Email marketing
- Website landing pages updates with search engine optimization

Influencer Partnerships

Collaborate with influential figures in the health and wellness industry, such as fitness experts, nutritionists, and well-known personalities, to endorse and promote the event through their social media platforms and blogs.

Content Marketing

- Develop valuable and educational content related to health and wellness, including blog posts and videos.
- Content sharing through various channels to establish the exposition as an authority in the field.

Media Coverage

- Collaborate with media outlets, bloggers, and press to secure coverage of the exposition.
- Press releases, and media partnerships to help increase visibility of the Exposition.





Let's talk about it.

Thank you for taking the time to read the partnership opportunities offered at UHWX26.

If you're interested in partnering, let's discuss the many collaboration options that will create significant impact for your brand and connect you to your target audience.

UHWX26 Sponsorship Team

1-868-280-3353

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ourteam@eidetictrinidad.com

▶ **Three days
of knowledge.
Endless possibilities.**

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