

MEDIA CONTACTS

Renee Mahaffey Harris, CEO, Center for Closing the Health Gap
renee.mahaffeyharris@thehealthgap.org | 513-325-4636
or

Jon Reischel, ColorNine
jon@color-nine.com | 513.237.7758



FOR IMMEDIATE RELEASE

Full Schedule Announced for 2026 Health Expo on April 25, Featuring Dynamic Performances, Interactive Wellness Experiences and Community Activations

Center for Closing the Health Gap Unveils Day-Long Lineup of Fitness, Food, Mental Health and Entertainment Programming at Washington Park

CINCINNATI, OH – [April 13, 2026] – The Center for Closing the Health Gap has released the full schedule of activations, performances and experiences for the highly anticipated 2026 Health Expo, taking place Saturday, April 25 from 10 a.m. to 5 p.m. at Washington Park. The reimagined Expo will deliver a high-energy, fully immersive community experience featuring live entertainment, hands-on wellness activities, cooking demonstrations, mental health resources, youth programming and more – all designed to empower individuals to take charge of their health.

“We are creating a space where health is not just something you learn about, it’s something you experience,” said Renee Mahaffey Harris, President and CEO of the Center for Closing the Health Gap. “From movement and nutrition to mental health and community connection, every moment of the Health Expo is designed to meet people where they are and inspire action.”

MAIN STAGE HIGHLIGHTS

The We Must Save Us® Main Stage will serve as the heartbeat of the Expo, featuring a full day of engaging performances and conversations:

- **Run Club Kickoff (8:45 a.m.)** to energize the day
- **Pilates Experience: “Strong, Sculpted & Still Soft”**
- **IMEC Combine** featuring former Cincinnati Bengals Ickey Woods and Joe Kelly
- **Live CEO Podcast Conversation**
- **Mind Over Masterpiece** wellness discussion
- **Dance, Dance, Dance Fitness Showcase**
- **PLOT to Purpose Community Activation** led by local fraternities and sororities

MOVE RIGHT PAVILION: FITNESS & MOVEMENT

Attendees can participate in interactive fitness sessions throughout the day, including:

- Line dancing and hip-hop fitness
- African dance and cultural movement
- Guided breathwork and meditation
- Strength and conditioning workouts
- “Hoop Vibes” and community-based fitness experiences

EAT RIGHT PAVILION: FOOD & NUTRITION

The Expo will feature live cooking demonstrations and nutrition education designed to make healthy eating accessible and practical:

- Healthy meal prep sessions
- Juicing demonstrations and tastings
- Nutrition coaching and food education
- Interactive sessions with local chefs and wellness experts

LIVE RIGHT ZONE: HEALTH & WELLNESS SERVICES

Free services and wellness resources will be available throughout the day, including:

- Chair massages and chiropractic care
- B12 shots and wellness therapies
- Mental health services and support
- Nutrition-based wellness offerings
- The Expo will also feature important community resources, including access to 988 (mental health support), 211 (community services), and emergency response education

CHILDREN'S PAVILION: FAMILY-FRIENDLY FUN

Families can enjoy a full slate of youth-focused programming:

- Free health screenings for children
- Face painting and balloon art
- Games and interactive activities
- Youth chess tournament and engagement programming

A COMMUNITY EXPERIENCE WITH IMPACT

In addition to programming, the 2026 Health Expo will offer more than 20 free health screenings (offered on a first come, first served basis) and connect attendees to critical resources, continuing its legacy of impact across Cincinnati communities. "This is what 'We Must Save Us' looks like in action," Mahaffey Harris added. "We are bringing together trusted partners, culturally relevant experiences and life-saving resources all in one place to help our residents live healthier, longer lives."

THANK YOU TO OUR SPONSORS

Closing the Health Gap recognizes the generous support of its 2026 Health Expo sponsors:

- **Presenting Sponsors:** Cincinnati Children's, UC Health, The Christ Hospital Health Network, and the City of Cincinnati
- **Major Health Expo Sponsors:** Kroger, Molina Healthcare, bi3, Humana, Interact for Health, Network for Hope, U.S. Bank, Mercy Health, Metro, and TriHealth
- **Health Expo Partner Sponsors:** Anthem Blue Cross Blue Shield, Council on Aging (COA), Meijer, St. Elizabeth Healthcare, Bristol Myers Squibb, The Health Collaborative, CareSource, and The Divine Nine organizations

About the Center for Closing the Health Gap

The Center for Closing the Health Gap is a Cincinnati-based nonprofit working to eliminate racial and ethnic health disparities through education, advocacy, and collaboration – ensuring everyone has the opportunity to live a healthier life, regardless of background.

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