



HEALTH / WELLNESS  
EXPO

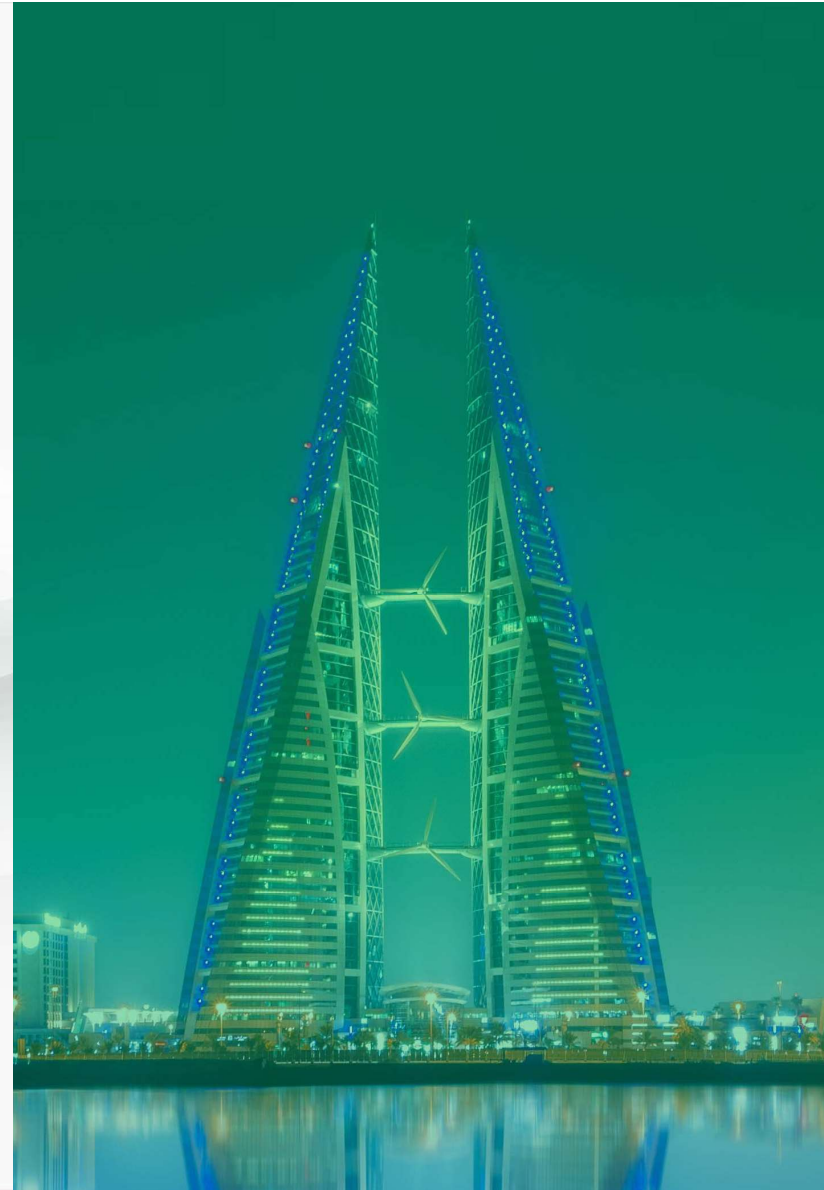
25 – 27 January 2024 | EXHIBITION WORLD BAHRAIN

# HEALTH/WELLNESS EXPO 2024

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Welcome to the  
**FIRST**  
Health & Wellness  
event in Bahrain

Bringing together the health & wellness industry and the  
general public with the aim of promoting a healthier  
lifestyle and wellbeing for everyone

Strategic Partners

**MINISTRY OF HEALTH & NHRA**  
BAHRAIN



HEALTH / WELLNESS  
EXPO

# EXHIBITOR CATEGORIES



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## VITAMINS & SUPPLEMENTS

VITAMINS | PROTEIN  
SUPPLEMENTS | NATURAL REMEDIES



## HEALTHY COOKING

HEALTHY FOOD RESTAURANTS  
VEGAN FOOD OPTIONS  
KETO FOOD OPTIONS



## ALTERNATIVE MEDICINE

AYURVEDA | HOMEOPATHY  
CHINESE MEDICINE



## NATURE & LANDSCAPING

GARDEN CENTRES | FLORISTS  
LANDSCAPING



## & MUCH MORE

HEALTH & WELLNESS RESORTS  
HEALTH TRACKERS | OPTICIANS  
BED SPECIALISTS



# WHAT TO EXPECT AT THE EVENT



# SPEAKERS

DAY 1



**Dr. Bibi A. Lockhat**  
TAIM Specialist

*Talk on Traditional Arabic &  
Islamic Medicine (TAIM)*



**Alyousif Dadi**  
Fitness Trainer

*From Weakness to Strength – a  
Personal Journey \**



**Ehsan Asghar**  
Founder & MD, PROP Yoga

*Yoga Therapy for Physical  
Weakness*

DAY 2



**Dr. Imen Cheffi**  
General Practitioner

*Integrating Mindfulness into  
our Daily Lives*



**Yousif Khunji**  
Bodybuilding Coach

*Investment in a Healthy  
Lifestyle \**

DAY 3

*\* in Arabic*

# SPEAKERS

DAY 1



**Dr. Andrea Furlan**  
Assoc. Prof., University of Toronto

*3 Types of Pain – How to  
Diagnose & Treat*



**Susie Bower**  
Holistic Wellness Consultant

*Stress Management &  
Breathwork*



**Dr. Fernando Dimeo**  
Asst. Prof., University of Berlin

*The Most Effective Therapy for  
Chronic Diseases*

DAY 2



**Roaya Baqer**  
MD, Pamchal - Bahrain

*Finding Health & Hope  
through the Power of Clean  
Food*



**Pearl Wasif**  
Specialised Physiotherapist

*Women's Health &  
Physiotherapy*

DAY 3

# SPEAKERS

DAY 1



**Dr. Pal Manickam**  
Gastroenterologist

*Time-Restricted Eating &  
Weight Loss*



**Dr. Yusuf Sharaf**  
Asst. Professor, Univ. of Bahrain

*Myths & Treatments of Lower  
Back Pain \*\**



**Mark Senior**  
Sales Director, The Travel Collection

*Wellness Journey-Travel to  
Asia, Europe & the Middle East*

DAY 2



**Lara Meyer**  
Coach

*Mindful Living-Nurturing  
Mental Fitness for a Balanced  
Life*



**Abdulla Alfadhul**  
Fitness Professional

*Exploring the Lifestyle  
Differences of Healthy & Obese  
Individuals \**



**Amreeta Mohandas**  
Ayurvedic Wellness Coach

*Benefits of Ayurveda*

DAY 3

\*\* in English & Arabic

\* in Arabic

# The Venue



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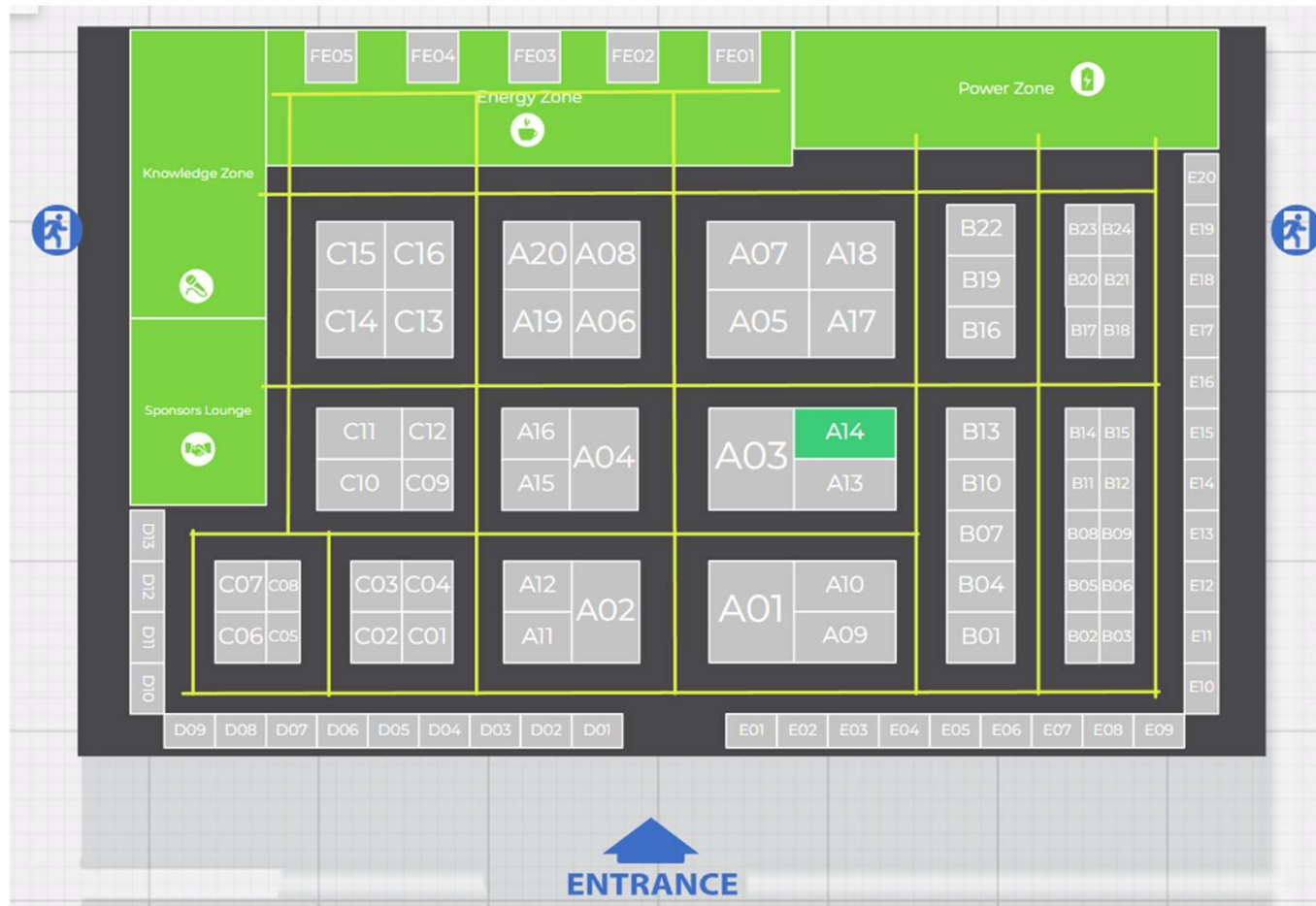
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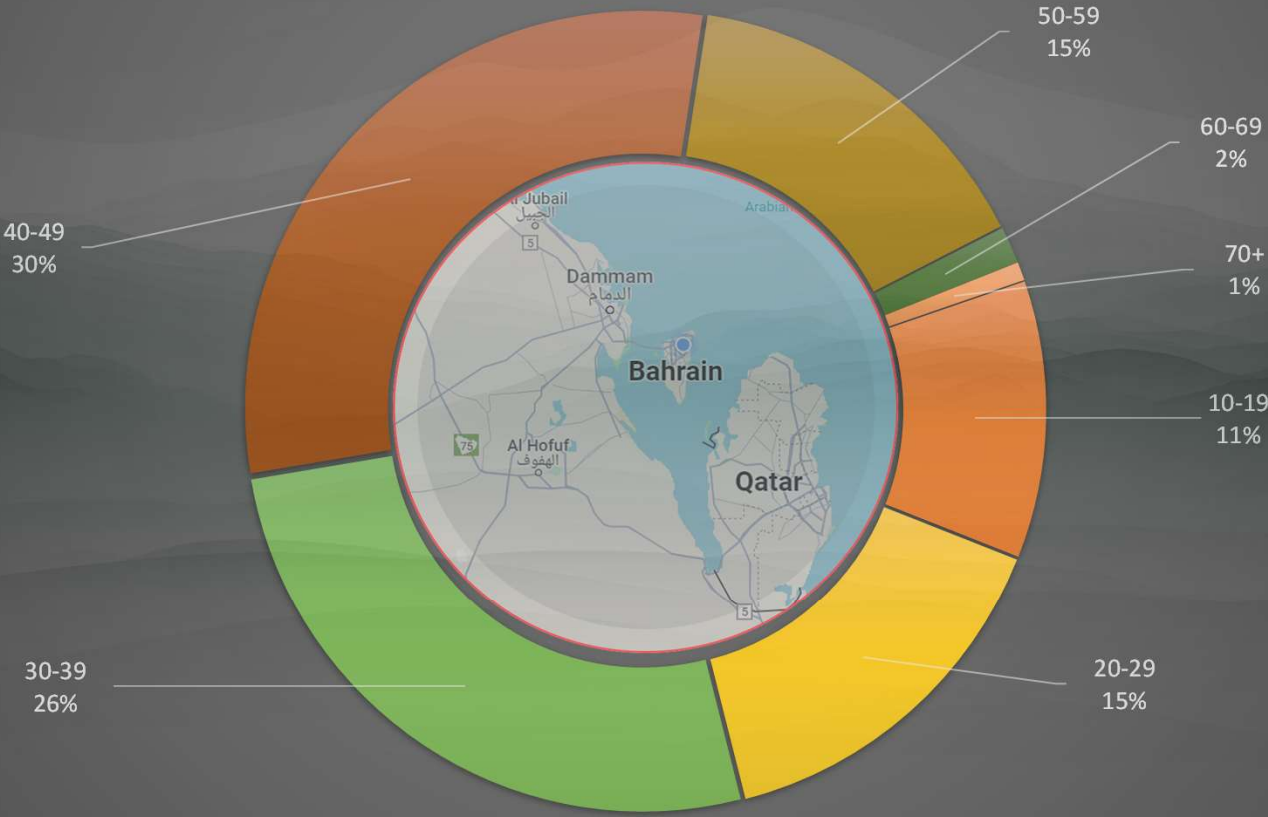
# FLOOR PLAN



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# EXPO ATTENDEE AGE RANGE



7,000+

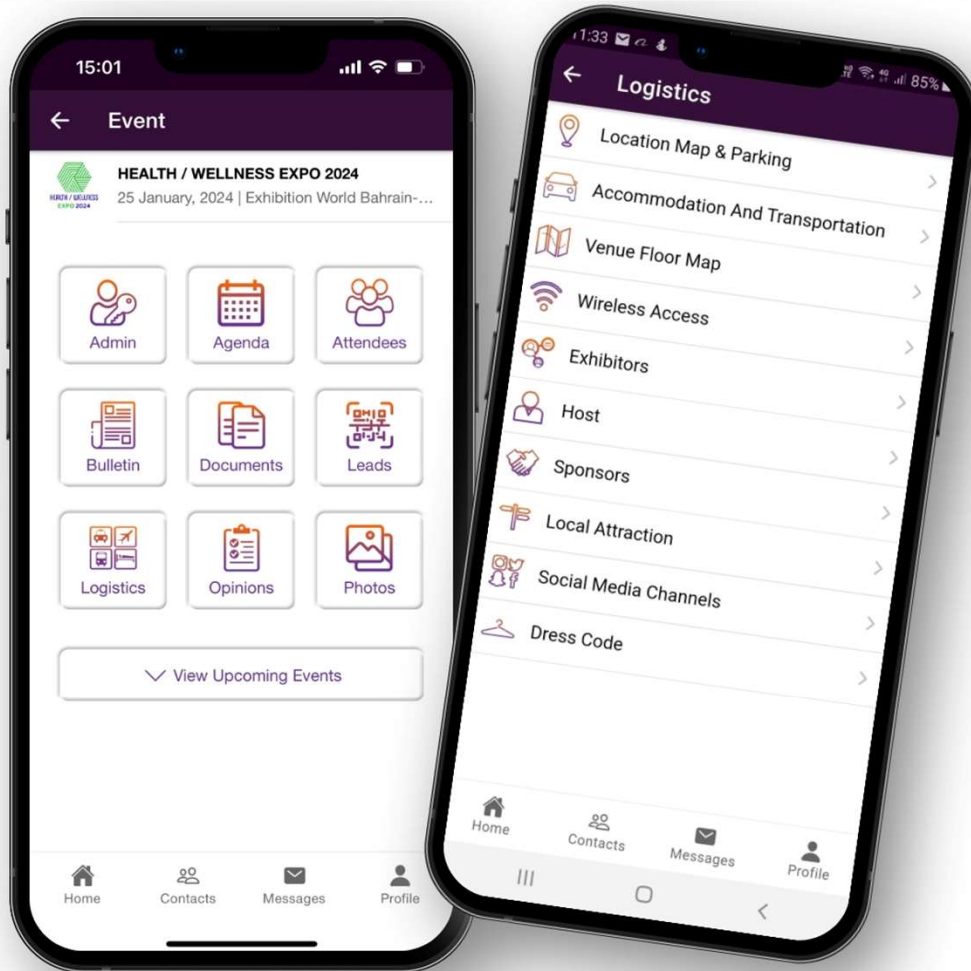
# EXHIBITOR CATEGORIES



- FITNESS
- SPAS & ANTI-AGING
- SPECIALISED CLINICS
- ALTERNATIVE MEDICINE
- NATURE & LANDSCAPING
- VITAMINS & SUPPLEMENTS
- HOSPITALS
- HEALTHY FOOD
- MISCELLANEOUS
- HEALTHY COOKING
- HOTELS & RESORTS



# EVENT TECH

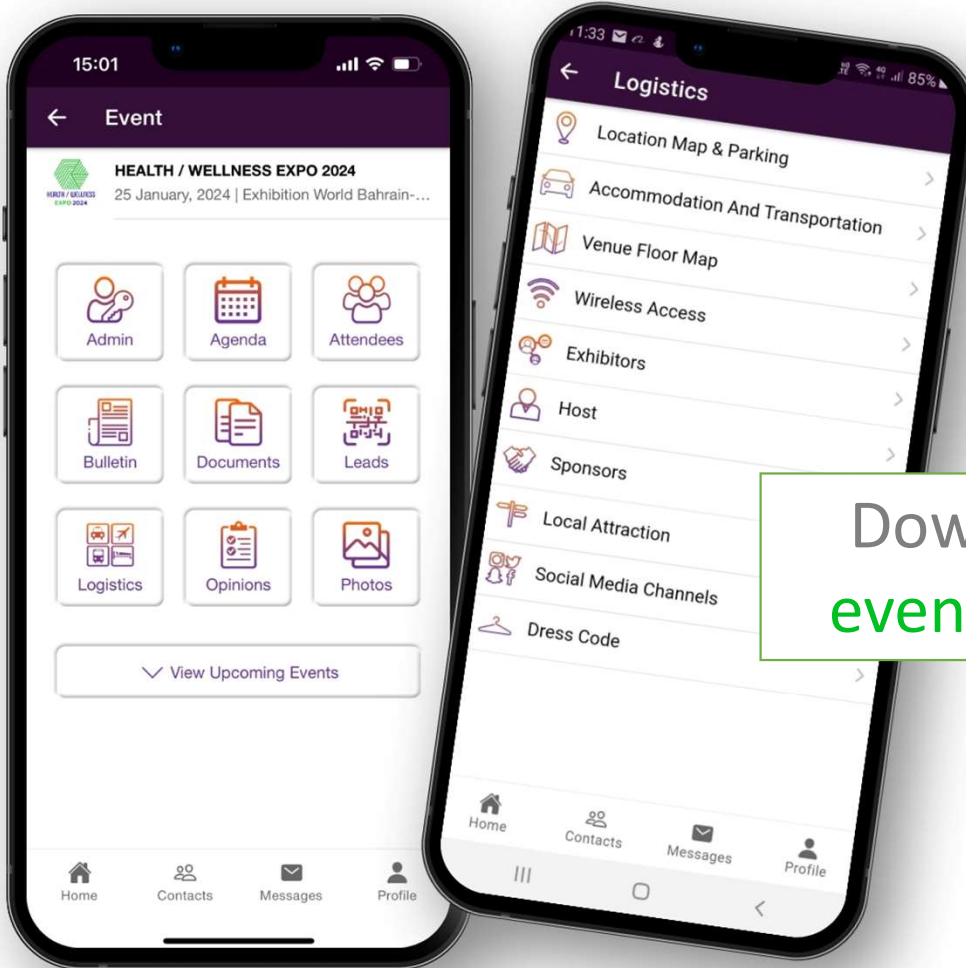


For the **FIRST** time in the Middle East

An Event App that actually supports everyone  
involved -  
Attendees | Exhibitors | Sponsors

- 🎯 IMPROVED **COMMUNICATION**
- 🎯 **REAL-TIME** EVENT UPDATES
- 🎯 UNPARALLELED **NETWORKING**
- 🎯 COMPREHENSIVE EVENT **INFO**
- 🎯 COMPLETE **AGENDA**
- 🎯 IMPRESSIVE **LEAD** GENERATION
- 🎯 **INSTANT** POLLS & SURVEYS

# EVENT TECH



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| 25 – 26 – 27 January  
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