



OPENING CEREMONY

SATURDAY, SEPTEMBER 12, 2026 | 10:00 AM

Harbor Point Boardwalk | In front of the Sandpit

1 HARBOR POINT ROAD, STAMFORD, CT

WELCOME

10AM

EMCEE, PJ Kennedy, HeyStamford! – Welcome guests to the **15th Annual Health Wellness & Lifestyle Expo 2026 with special thanks to Stamford Health, Exclusive Healthcare Partner**, Connecticut's largest and premier health and wellness expo. Special thanks to Stamford Health, Exclusive Healthcare Partner.

Opening Prayer – Reverend Andre Bradley, Senior Pastor, Union Baptist Church, Stamford, CT.

Color Guard Presentation – Stamford Fire Department and Stamford Police Department.

National Anthem – Captain Aaron Barkin, United States Army.

Proclamation Presentation - Mayor Caroline Simmons presents the City of Stamford Proclamation to Kathleen Silard, President and CEO, Stamford Health, proclaiming September 12 Stamford Health, Health and Wellness Day.

Kathleen Silard, President and CEO, Stamford Health to address the crowd.

RECOGNITIONS & HOST REMARKS

Thank you, BLT/Harbor Point as host of this important community event and introduces a representative for brief remarks.

Tamara Ketler, founder, Health Wellness & Lifestyle Expo to say a few words and recognize the 15th year for this event. Thank You Stamford Health, ShopRite/Cingari Family Markets, Chelsea Piers CT, BLT/Harbor Point, and all sponsors and exhibitors for your continued enthusiasm and commitment to this event. We would especially like to thank the community for supporting the Expo

over the past 15 years. This event was designed to empower people to make healthier choices for themselves and their families, mind, body and spirit.

- Announce the 15 Challenge Adults, sponsored by The Vascular Care Group.
- Announce the 15 Challenge Kids, sponsored by Stamford Big Picture Learning Academy.
- Announce the Wellness Marketplace – look for the green flags for Expo-only exclusive deals and exceptional wellness.

SPECIAL COMMEMORATIONS

25th Anniversary of 9/11 – PJ introduces Beth Flatley, retired United Airlines flight attendant, to recognize the anniversary.

Remember and honor the more than 3,000 people who lost their lives, along with airline employees, first responders, families and all those affected.

250th Anniversary of American Independence – introduce designated speaker for brief recognition.

2026 COMMUNITY LEADERSHIP AWARDS

Stamford Magazine / Moffly Media – Jonathan Moffly accepting the award.

Thank you for your valuable support as a Premier Media Sponsor are being recognized for 15 years of support as a Premier Media Sponsor.

Stamford Care Center and Norwalk Care Center – Paul DeFlorio accepting the award. Thank you for your valuable support as a Support Sponsor for eight years.

PAST COMMUNITY LEADERSHIP AWARD WINNERS

2023: Stamford Health; ShopRite/Cingari Family Markets.

2024: BLT/Harbor Point; KeyBank.

2025: Sacred Heart University; Natural Awakenings Magazine – Erica Mills, Publisher.

CLOSING

Thank you to all Sponsors and Exhibitors for helping make this important community event possible.

Thank you to the community for attending this important event. Enjoy the **15th Annual Health Wellness & Lifestyle Expo 2026, with special thanks to Stamford Health, Exclusive Healthcare Partner.**