

Join us at our 9th annual NNPS Employee Wellness Expo to promote fit and healthy living.

NNPS Wellness Expo

Saturday, March 21, 2026

Registration begins at 8:30 a.m.

Activities/Classes 9 a.m. to 11:45 a.m.

Prizes begin at 12 p.m.

Heritage High School

5800 Marshall Avenue • Newport News

Get on the path to better health.
Bring your family for a day of
information and healthy fun for everyone.

- Exercise and Fitness Demonstrations
- Vitality Health Assessment Lab
 - Information Booths
- Children's Activity Stations
- Educational Workshops
- Giveaways and Door Prizes

Bring Your Family and Friends!
FREE to All



Free Wellness Sport Pack to all NNPS employees while supplies last



NNPS Pre-Retirement Seminars • Benefits Fair Participate in fitness classes!

- Learn about NNPS Retirement Plans – Multiple sessions offered.
- Meet a representative from the NNPS Benefits Plans.
- Dress to get fit and participate in one of the many fitness/dance demonstrations.



Move. Eat. Think. Be Well.