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SPONSORS

Big thanks to our 2022 Kroger Wellness Festival sponsors and exhibitors for making well-being Fresh for Everyone™. They’ve come together to make this an epic weekend of high energy, uplifting inspiration, self-care, and delicious food and drinks. Be sure to visit them all!

PRESENTING

PEPSICO

Sponsors and exhibitors for making well-being Fresh for Everyone™. They’ve come together to make this an epic weekend of high energy, uplifting inspiration, self-care, and delicious food and drinks. Be sure to visit them all!

EXHIBITORS

LET’S GO
FRIDAY 9/23

Owen Sound Pride

Meet and greet to follow.

With Victoria Lekson,
@American Greetings Stage

*12:00pm–12:45pm*

Hi, there... I’m Owen Sound Pride — an event celebrating LGBTQ+ pride in our city.

Come to the event and meet Victoria Lekson, a speaker and educator who will be at the American Greetings Stage from 12:00pm to 12:45pm.

Saturday, September 24, 2022

**Showcases**

**1:00pm–2:00pm**

**Dancing Bear**

**2:00pm–3:00pm**

**Fitz and The Tantrums**

**3:00pm–4:00pm**

**King and the Crow**

**4:00pm–5:00pm**

**The Stompers**

**5:00pm–6:00pm**

**The Matchstick Band**

**6:00pm–7:00pm**

**The Soul of Stella**

**7:00pm–8:00pm**

**The Last Block**

**8:00pm–9:00pm**

**The Midnight Hawks**

**9:00pm–10:00pm**

**The Great River String Band**

**10:00pm–11:00pm**

**The Honey Badgers**

**11:00pm–12:00am**

**The Chief**

**12:00am–1:00am**

**The Last Block**

**1:00am–2:00am**

**The Soul of Stella**

**2:00am–3:00am**

**The Honey Badgers**

**3:00am–4:00am**

**The Last Block**

**4:00am–5:00am**

**The Soul of Stella**

**5:00am–6:00am**

**The Honey Badgers**

**6:00am–7:00am**

**The Last Block**

**7:00am–8:00am**

**The Soul of Stella**

**8:00am–9:00am**

**The Honey Badgers**

**9:00am–10:00am**

**The Last Block**

**10:00am–11:00am**

**The Soul of Stella**

**11:00am–12:00pm**

**The Honey Badgers**

**12:00pm–1:00pm**

**The Last Block**

**1:00pm–2:00pm**

**The Soul of Stella**

**2:00pm–3:00pm**

**The Honey Badgers**

**3:00pm–4:00pm**

**The Last Block**

**4:00pm–5:00pm**

**The Soul of Stella**

**5:00pm–6:00pm**

**The Honey Badgers**

**6:00pm–7:00pm**

**The Last Block**

**7:00pm–8:00pm**

**The Soul of Stella**

**8:00pm–9:00pm**

**The Honey Badgers**

**9:00pm–10:00pm**
FRIDAY 9/23

**American's Foodie Family**  
Mothers-daughter duo Chrissy Teigen and Pepper Teigen discuss the importance of food in family traditions while making them their own.  
*Johnson & Johnson Stage*

**Hunger Action Day**  
Cookoff at the Vault—a battle to make the best of "ugly" ingredients for a beautiful meal.  
*Johnson & Johnson Stage*

**Super Curiously**  
Explore the Silver库里 - Movement rooted in alcohol awareness and a call to action with Kate Raum, Artistic Director of the School of Dance and Movement.  
*American Greetings Stage*

**Food of the African Diaspora**  
Celebrate Afrobeats, the drive and movement to the diaspora stories, and understand African cultures while making them your own.  
*Johnson & Johnson Stage*

**Renewal Through Nature**  
Discover the power of natural remedies and nature in your everyday life.  
*American Greetings Stage*

**Out-of-the-Park Recipes**  
Join Chef's Shortcuts to learn how to turn your favorite MLB stadium recipes into healthy, delicious meals.  
*Johnson & Johnson Stage*

**Live Blues Music**  
Sing along with smooth blues piano player Elroy Willis and a hitting instructor champions the power of conversation in the classroom!  
*American Greetings Stage*

**Live Music from The Fries Band**  
Live Music from The Fries Band for a fun and interactive performance.  
*American Greetings Stage*

**Energized by Abby Wambach—Olympian, Author, Activist**  
Celebrate Hispanic Heritage Month Honoring Hispanic Women.  
*American Greetings Stage*

**Dance Cardio Fitness**  
Get in the groove for a dance cardio workout led by Dance Factory Fitness, and cool down with Anahirc Wells.  
*American Greetings Stage*

**Power in Pride**  
Join Megan Mitchell, TikTok's 2022 Power in Pride honoree, for a powerful hour led by Alanna Warrell.  
*American Greetings Stage*

**I am the Runner**  
Learn to keep pushing forward of the NYC Marathon experience. Featuring Whitney Rutherfield of R junge and Coach Martin Fiebelkorn.  
*American Greetings Stage*

**Faccial Fitness + Factory Fitness**  
Kroger and Kellogg’s go head-to-head to see who can make the best and best-for-you burger.  
*American Greetings Stage*

**Sweat and Conversation**  
Join Dose of Reality: Flip’s Body Armor and Dominique Dawes to discuss rhythm and movement! Move to the classic and think outside the box!  
*American Greetings Stage*

**Resilience + Recovery**  
Emma Guckiean, along with Leslie Miller, will discuss how to approach fearlessly leading athletes and healthy leaders to thrive with a disability.  
*American Greetings Stage*

**The Fries Band**  
Live Music from The Fries Band for a fun and interactive performance.  
*American Greetings Stage*

**Curvy Cardio**  
Cardio + Dance to live music by The Fries Band.  
*American Greetings Stage*

**What’s the Healthcare?!**  
Explore the importance of healthcare, innovation with the latest healthcare technology and how it’s impacting your life.  
*American Greetings Stage*

**Peak Performance**  
Meet the physical and mental demands of esports.  
*American Greetings Stage*

**Cancer: It’s Personal**  
Join the竹 grain, one of the top cancer patients, and discuss the importance of inclusivity to the healthcare system.  
*American Greetings Stage*

**Laura’s Lean Stage**  
Approach to eating and enjoying meals with Home Chef.  
*American Greetings Stage*

**Laura’s Lean Stage**  
Discover the power of natural remedies and nature in your everyday life.  
*American Greetings Stage*

**Taste + The Texture**  
Join Chef Brian Malarkey, who partners with Food Network Chef Pepper Teigen, to whip up easy, delicious dishes for your kitchen.  
*American Greetings Stage*

**Resilience + Recovery**  
Emma Guckiean, along with Leslie Miller, will discuss how to approach fearlessly leading athletes and healthy leaders to thrive with a disability.  
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*American Greetings Stage*
### FRIDAY 9/23

#### 11:00am–12:00pm
- **Innovate:** Chef Brian Malarkey, Top Chef's Shortcuts... 
  - *11:00am–12:00pm* 
  - @American Greetings Stage

#### 11:15am–11:45am
- **Build:** Bethenny Frankel... 
  - *11:15am–11:45am* 
  - @American Greetings Stage

#### 11:30am–12:00pm
- **Cooking:** Abby Wambach... 
  - *11:30am–12:00pm* 
  - @American Greetings Stage

#### 12:00pm–1:00pm
- **Dine:** Carrie Underwood... 
  - *12:00pm–1:00pm* 
  - @American Greetings Stage

#### 1:00pm–1:30pm
- **Flavor:** FC Cincinnati's Ian Black... 
  - *1:00pm–1:30pm* 
  - @American Greetings Stage

#### 1:15pm–1:45pm
- **Innovate:** Danica Patrick... 
  - *1:15pm–1:45pm* 
  - @American Greetings Stage

#### 2:00pm–3:00pm
- **Fashion:** Annie Leibovitz... 
  - *2:00pm–3:00pm* 
  - @Laura’s Lean Stage

#### 3:00pm–3:30pm
- **Cure:** Amanda Freitag... 
  - *3:00pm–3:30pm* 
  - @American Greetings Stage

#### 3:30pm–4:00pm
- **Groom:** The Tantrums... 
  - *3:30pm–4:00pm* 
  - @American Greetings Stage

#### 4:00pm–4:30pm
- **Chill:** Grace Potter... 
  - *4:00pm–4:30pm* 
  - @American Greetings Stage

#### 4:30pm–5:00pm
- **Fix:** Carrie Underwood... 
  - *4:30pm–5:00pm* 
  - @American Greetings Stage

#### 5:00pm–5:30pm
- **Create:** Jennifer Lopez... 
  - *5:00pm–5:30pm* 
  - @American Greetings Stage

#### 5:30pm–6:00pm
- **Food:** Abby Wambach... 
  - *5:30pm–6:00pm* 
  - @American Greetings Stage

#### 6:00pm–6:45pm
- **Shape:** The Tantrums... 
  - *6:00pm–6:45pm* 
  - @American Greetings Stage

#### 7:00pm–8:00pm
- **Party:** Food Network Chef... 
  - *7:00pm–8:00pm* 
  - @American Greetings Stage

#### 8:00pm–9:00pm
- **Music:** The Tantrums... 
  - *8:00pm–9:00pm* 
  - @American Greetings Stage

#### 9:00pm–10:00pm
- **Entertainment:** The Tantrums... 
  - *9:00pm–10:00pm* 
  - @American Greetings Stage

### SATURDAY 9/24

#### 11:00am–12:00pm
- **Innovate:** Mike Tyson... 
  - *11:00am–12:00pm* 
  - @American Greetings Stage

#### 11:15am–11:45am
- **Build:** Matt Jones... 
  - *11:15am–11:45am* 
  - @American Greetings Stage

#### 11:30am–12:00pm
- **Cooking:** Anna Olson... 
  - *11:30am–12:00pm* 
  - @American Greetings Stage

#### 12:00pm–1:00pm
- **Dine:** Danica Patrick... 
  - *12:00pm–1:00pm* 
  - @American Greetings Stage

#### 1:00pm–1:30pm
- **Flavor:** FC Cincinnati's Ian Black... 
  - *1:00pm–1:30pm* 
  - @American Greetings Stage

#### 1:15pm–1:45pm
- **Innovate:** Danica Patrick... 
  - *1:15pm–1:45pm* 
  - @American Greetings Stage

#### 2:00pm–3:00pm
- **Fashion:** Annie Leibovitz... 
  - *2:00pm–3:00pm* 
  - @Laura’s Lean Stage

#### 3:00pm–3:30pm
- **Cure:** Amanda Freitag... 
  - *3:00pm–3:30pm* 
  - @American Greetings Stage

#### 3:30pm–4:00pm
- **Groom:** The Tantrums... 
  - *3:30pm–4:00pm* 
  - @American Greetings Stage

#### 4:00pm–4:30pm
- **Fix:** Carrie Underwood... 
  - *4:00pm–4:30pm* 
  - @American Greetings Stage

#### 4:30pm–5:00pm
- **Create:** Jennifer Lopez... 
  - *4:30pm–5:00pm* 
  - @American Greetings Stage

#### 5:00pm–5:30pm
- **Make:** The Tantrums... 
  - *5:00pm–5:30pm* 
  - @American Greetings Stage

#### 5:30pm–6:00pm
- **Do:** Abby Wambach... 
  - *5:30pm–6:00pm* 
  - @American Greetings Stage

#### 6:00pm–6:45pm
- **Play:** The Tantrums... 
  - *6:00pm–6:45pm* 
  - @American Greetings Stage

#### 7:00pm–8:00pm
- **Surprise:** Abby Wambach... 
  - *7:00pm–8:00pm* 
  - @American Greetings Stage

#### 8:00pm–9:00pm
- **Empty:** Grace Potter... 
  - *8:00pm–9:00pm* 
  - @American Greetings Stage

#### 9:00pm–10:00pm
- **Sing:** The Tantrums... 
  - *9:00pm–10:00pm* 
  - @American Greetings Stage

### HEADLINERS

- **FRIDAY 9/23**:
  - **Hello Hydration!**
  - **Dance**
  - **Pop & Indie Music**

- **SATURDAY 9/24**:
  - **Headliner Show**
  - **Hip-Hop & R&B**
  - **Live Easy Listening Music**
  - **Live Easy Listening Music**
  - **Live Easy Listening Music**
  - **Live Easy Listening Music**