

Join us at our 8th annual NNPS Employee Wellness Expo to promote fit and healthy living.

NNPS Wellness Expo

Saturday, March 22, 2025

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



Free Wellness Sport Pack to all NNPS employees while supplies last

Bring Your Family and Friends! FREE to All



NNPS Pre-Retirement Seminars

Learn how VRS, VRS Hybrid, and Newport News Employees Retirement Fund (NNERF) will affect your retirement.

Multiple sessions offered with the following start times during the Wellness Expo: 9 a.m. • 10 a.m. • 11 a.m.

Move. Eat. Think. Be Well.

Benefits Fair

Have Questions... Meet representatives from

- Sentara Health
- Delta Dental
- VSP
- Legal Resources



Participate in fitness classes!

Remember to dress to get fit!

- Self Defense Class
- Belly Dancing
- CrossFit
- Chair Exercises
- Line Dancing
- Pilates
- Yoga
- Middle Eastern Dance
- Qigong Exercise
- Dance Fitness
- Intensity Interval Training
- Function Movement training
- And More