



Should you decide to secure a stall at **FlexFest Marina Market Cork City – Health & Wellbeing Expo**, here is some important information below for you.

We're delighted you are considering joining us for this unique event bringing health and wellbeing professionals together with the community of Cork City, county and beyond.



Key Event Details

- **Event:** FlexFest – Health & Wellbeing Expo
- **Date:** Sunday 5th of April
- **Location:** Marina Market Cork City T12 YX76
- **Public Opening Hours:** 10:00am – 5:00pm
- **Exhibitor Arrival & Setup:** From 7:00AM on the morning or between 6PM & 8PM on the evening before

On the Day Set-up

- Please arrive **from 7:00am (No earlier)**
 - Please do not use the main door but continue to walk down the right side of the building and use the side door. Turn right and take left after '**Delhi2Cork**' and enter the '**Graffiti Room**' on the right hand side.
 - Please place your table at one of the markings on the floor or ask for assistance.
 - Allow plenty of time to set up your stall, get comfortable, and meet your fellow professionals.
 - Should you need power, please arrive early and take a stall space along the wall.
 - **All vendors must be set-up by 9:30 at the latest.**
 - A group vendor photo will be taken at 9:30 once stalls are complete.
 - Doors open to the public at **10:00am sharp.**
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What's Included with Your Stall Space

- A space for your own 6x2 ft table or rented table
- Professional promotion via **Flexitime social media**
- **2 Months FREE** access to list your services on **Flexitime.ie** with exposure to new clients
- Opportunity to run a **demo class, workshop, or talk** (limited spaces – first come, first served)
- Networking opportunities with other wellbeing professionals
- Access to 3 event areas:
 1. **Flex N Browse - Main Expo Hall** – customer browsing & advice
 2. **Flex N Flow - Activity Room** – yoga, PT, breathwork & classes
 3. **Flex N Talk - Talk Room** – presentations on nutrition, mindset, mindfulness, etc.

Pro Tips for a Great Day

- Bring signage, business cards, and samples to stand out.
 - Prepare a short pitch about your services.
 - Think about offering an **exclusive show discount or giveaway**.
 - Be ready to **network** – this event is as much about building connections as gaining customers.
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Competition

We will be doing spot prizes and competitions on the day so could you please provide us with either a voucher, a product/service to raffle/giveaway to help raise awareness about your brand.

Final Note

Thank you for being part of **FlexFest 2026**.

Your presence will help create an unforgettable day of community, wellbeing, and opportunity.

We can't wait to see you there!

Regards

Flexitime & FlexFest Team