



19th Annual
Omaha Health Expo
April 18 -19
Oak View Mall

2026 Omaha Health Expo Seminar List

Meet Experts throughout the show and on the Main Stage presenting new hormone therapies, anti-aging treatments, ways to reduce pain & stress, lose weight and enjoy life!



Allison Adrian
ENOA



Sherri Griggs, APRN
Balanced Body Health &
Wellness



Andrew Boehm
Elevated MD



Tina BE Bakehouse
Intuitive Communications
Coach

SATURDAY, APRIL 18, 2026

1:00 PM “Bingocize”—Exercise Health Program that is Evidence-Based with chance to win prizes!! Presented by Allison Adrian, Director of Nutrition at ENOA, Eastern Nebraska Office of Aging

2:00 PM “The Hormone Puzzle: Beyond Estrogen, Busting Myths, and Reclaiming Your Health” — Presented by Sherri Griggs, APRN of Balanced Body Health and Wellness

3:00 PM “Reverse Aging and Live a Fit Life” Presented by Andrew Boehm of Elevated MD.

SUNDAY, APRIL 19, 2026

11:30 PM “Creativity Improves your Health and Happiness”
Presented by Tina BE Bakehouse, ME, Intuitive Communications Coach and Author of *Discovering Our Magnetic Speaker Within*.

1:00 PM “Bingocize”—Exercise Health Program that is Evidence-Based with chance to win prizes!! Presented by Allison Adrian, Director of Nutrition at ENOA, Eastern Nebraska Office of Aging

2:00 PM “The Hormone Puzzle: Beyond Estrogen, Busting Myths, and Reclaiming Your Health” — Presented by Sherri Griggs, APRN of Balanced Body Health and Wellness