



Press information

Augsburg, 02/21/2025

intersana 2025: Health with a fun factor! Live, interactive, and inspiring!

It's that time again! intersana, the live event for health, will open its doors from March 7 to 9, 2025. The trade fair promises a weekend full of innovations, expertise and hands-on experiences for everyone who wants to live a healthier life. Visitors can look forward to valuable insights into well-being and fitness that they can directly integrate into their everyday lives. Instead of just providing information, the event offers an interactive world of experience with practical tips, live workshops, and exciting presentations. And with a single ticket, visitors have access to four other trade fairs: A\FAIR, the new results-oriented trade fair at the Messe Augsburg, as well as CREATIVMESSE, Immobilientage Augsburg, and VOLT Future Mobility.

Experience health: Expert knowledge, top brands, and women's power

Hall 1 at the Messe Augsburg trade fair grounds will be a hotspot for anyone interested in medicine, naturopathy, sports, nutrition, and family. Visitors can expect a diverse exhibition area with exciting brands such as Rapunzel Naturkost, Dr. Hauschka, Siegmund Care, AOK Bayern, BLACKROLL, and many more.

Renowned experts will share their knowledge on two large stages. March 7 is devoted to the subject of women's health, with exciting presentations on menstruation, hormone health, and prevention. In addition, a period pain simulator will also offer eye-opening insights. Another highlight: Prof. Dr. Dr. Werner Mang, founder of the Bodenseeklinik, will speak on March 8 on the topic "Beauty isn't everything." Further topics range from digital stress and mental first aid to the latest findings in brain research. Additionally, well-known Augsburg canoeists Noah and Samuel Hegge will be present on Sunday, March 9.

Get active and enjoy

In Hall 2, the FITNESS A\REA will offer courses such as hula hoop, rope skipping, and brain training through juggling. For food lovers, Hall 3 will feature the LIVE-COOKING A\REA, where celebrity chef Christian Henze will demonstrate how to prepare healthy meals with just five ingredients.



Save sustainably: Free travel by public transport & shuttle service

For all ticket holders, travel by public transport in zones 10 and 20 is free of charge. If you are still traveling by car, parking is cheaper thanks to the cooperation with our mobility sponsor Auto Reichhardt. Parking for a whole day in parking lot P1 at the exhibition grounds costs 7 euros; parking in parking lot P4 at the WWK Arena is even cheaper: one day costs 5 euros here, and a free shuttle service will also take you conveniently to the trade fair - another plus for the environment and your wallet.

Day tickets entitle the holder to one admission and are valid for all events (A\FAIR, intersana, Immobilientage Augsburg, creativmesse, VOLT) including free use of local AVV public transport in zones 10 and 20 during the trade fair. Adults pay 8 euros for a ticket; a reduced ticket costs 6 euros for pensioners, schoolchildren, students and people with disabilities. Admission is free for children and young people up to the age of 16. All information and tickets are available at messe.intersana.de.