

Partner with a
MOVEMENT
Not Just an Event



GRIT &
GLOW
by MEL

♥ the
midlife
reset

November 5, 2026
The Comet Club
Westbury, NY

LIVE



About Grit & Glow by Mel

Helping women in midlife build stronger bodies, greater confidence, and lives they love.

120-pound weight loss

5+ years maintained

31,000+ engaged followers

Authentic. Relatable. Trusted.

The Grit & Glow Community

Built on trust. Driven by connection. Powered by authentic storytelling.

31K+ followers

6.9M views in 90 days

3.2M accounts reached

282K interactions

92% women

85% of views from non-followers



GLOW Sponsor



\$5,000

Includes:

- Four VIP event tickets
- Recognition across social media before, during, and after the event
- 1 dedicated social media post/reel highlighting your business
- Featured speaking opportunity during the event
- Premier vendor/meet-and-greet table
- Opportunity to include promotional items in attendee swag bags
- Recognition from the stage during the welcome, throughout the day, and at closing remarks
- Full access to professional event photos and videos for your marketing



GRIT Sponsor



\$2,500

Includes:

- Two VIP event tickets
- Recognition across social media before, during, and after the event
- One dedicated social media post highlighting your business
- Recognition from the stage during the event
- Opportunity to include promotional items in attendee swag bags
- Full access to professional event photos and videos for your marketing



Community Sponsor



\$1,000

Includes:

- One VIP event ticket
- Recognition on social media before the event
- Recognition on the event sponsor page
- Recognition during the event as a Community Sponsor
- Opportunity to include a promotional item in attendee swag bag
- Group thank-you post following the event
- Full access to professional event photos and videos featuring sponsors



Friend of GG



\$500

Includes:

- One event ticket
- Recognition on social media before the event
- Recognition on the event sponsor page
- Opportunity to include a promotional item in attendee swag bag
- Group thank-you post following the event
- Full access to professional event photos and videos featuring sponsors

Let's Make an Impact Together!

The Grit & Glow Midlife Reset is more than an event- it's a community dedicated to empowering women in midlife.

Melinda Long

Founder, Grit & Glow by Mel

IG: @gritandglow_bymel

Phone: 631-300-9386

Email: melindalong1208@gmail.com

