



Caribbean Wellness Week 2015

Create a Legacy of Health!
September 12th - 19th, 2015

September 12 & 13, 2015

Fun Run/Walk!

@ 6am @ Arawak Cay

Route:

Arawak Cay to West Bay St. to Cable
Beach Post Office and back to
Arawak Cay

OR

Arawak Cay to West Bay St. to Good-
man's Bay and back to
Arawak Cay

September 15 & 17, 2015

Wellness Symposium

For Older Adults

@ 10am

@ Venue TBA

September 12, 2015

Men's Health Symposium

@ 11am—3pm

**@ Holy Trinity Activities Center,
Stapledon Gardens**

September 19, 2015

Health & Wellness Explosion!

@ 10 am—6pm

@ Arawak Cay

A week of exciting, fun-filled and body loving activities!