



BAHAMAS

CARIBBEAN WELLNESS DAY 2017 ACTIVITIES

This year's activities will run from September 9th -16th, to include the following:

- The Healthy Bahamas Coalition (HBC) 1st Annual Weight loss and Fitness Challenge is presently underway, having started on June 10th and expecting to end on 2nd September.
- Exercise sessions led by the Royal Bahamas Defense Force from 7am - 8am on Arawak Cay every Saturday morning. Additional sessions on Sunday morning from 7am - 8am as well. Messages and recipes sent out via social media to registrants.
- September 9th and 10th - Fun/Run/Walk/Cycle events. The second day is primarily to accommodate persons from the Seventh Day Adventist community. From 6am - 9am both days on Clifford Park. Fruits and water will be provided at no cost to participants. Special invitations are being sent to youth groups and organizations in New Providence.
- An obstacle course is planned for high school and tertiary level students. This will be undertaken in partnership with the Bahamas Defense Force who will manage the course. 9th September 10am - 2pm on Clifford Park.
- A Health Forum is being planned for tertiary students on Thursday 14th September 2017 from 2pm - 4pm.
- Annual Health and Wellness Fair. Health products and ideas to participate. Senior high school students (final year) will be invited to participate and to sell products 16th September from 10am - 5pm. RM Bailey Park.
- **New activity****Happy Healthy Hour – free drinks and group exercise sessions from 5pm - 7pm Thursday 14th September on Goodman's Bay.
- The Press will be invited to provide coverage for the events. Live remote will be implementing to encourage public awareness for the activities.