



BARBADOS

CARIBBEAN WELLNESS DAY 2017 ACTIVITIES

This year's activities will include a mass outdoor beach event.

This will involve beach sport, aerobic exercises, demonstrations by chefs and mixologists, appearances by prominent soca/calypso artistes and DJs.

The planning committee is proposing to have only healthy food option and hoping to target 700 individuals at this event. This will be in a concerted effort to encourage the target group to get moving and perform more physical activity