



Antigua and Barbuda

CARIBBEAN WELLNESS DAY ACTIVITIES

- Activities will include biometric measurements in 10 Primary and Secondary schools, and 3 Government run day-care facilities.
- The Caribbean Wellness Day walk will be hosted by the Rotary Club of Antigua
- Pigeon Point Run /Walk challenge will be organized by the Medical Benefit Scheme. The event starts from the Medical Benefit office in St. Johns to Pigeon Point Beach.
- A debate on 'Link between Poor Diet and Obesity' will be hosted in collaboration with the Antigua State College
- During TLC Day, massages will be offered
- Healthy foods demonstrations will take place
- The Media will be involved in the promotion of the activities