



BELIZE

CARIBBEAN WELLNESS DAY ACTIVITIES

- Activities for CWD will take place during the last week of September
- Plans are underway to engage the education sector in CWD activities
- A school health manual has been developed and schools will be asked to organise wellness (nutrition and health) activities using this manual.
- Teachers and principals will demonstrate the meaning of a good role model for a healthy lifestyle. Parents will be invited to participate.
- A cookbook with national recipes will be used to encourage persons to prepare healthy dishes. The cookbook will be available via the Ministry of Health website and on Facebook
- Promotion of key messages and activities through the media