



GRENADA

CARIBBEAN WELLNESS DAY ACTIVITIES

- Message to the nation from the Minister of Health
- **Tuesday Sept 13** as Water-Only-Beverage Day in Schools and extended to the community
- **Thursday 14** as Fruit-Snack-Only Day
- Television discussions:
 - Healthy Children in Healthy Environment (Monday)
 - Empowering Families to healthy Lifestyles(Wednesday) (Two students and a Doctor are guests)
 - How a healthy environment enhances wellness
- 15 x 5-minute radio talks about the meaning of CWW, inviting all to participate and especially parents to engage in the school activities in Collaboration with the national Water and Sewage Authority NAWASA
- Schools to plan activities emphasizing the importance of a healthy environment as well as having a day of physical activity in the form of local games, dancing etc. The Ministry of Sports has deployed its team of sports officers to assist and encourage schools in planning and executing the activities while Health and Family Life teams in schools will organise the other activities.
- Possible Newspaper publication highlighting CWW, the challenge our children face in relation to Chronic Disease and how we can collaborate with stakeholders to reverse this problem
- Trade Unions have invited their workers to engage in healthy lifestyle activities