



ST. KITTS

CARIBBEAN WELLNESS DAY 2017 ACTIVITIES

The Non-Communicable Diseases Program, Health Promotion Unit - Ministry of Health, has created a schedule of activities in commemoration of the 10th anniversary of Caribbean Wellness Day and observance of Caribbean Wellness Week.

Saturday 9th September

- Federal Press Release from Prime Minister and Minister Health to CARICOM - Dr Timothy Harris and/or Chief Medical Officer to give Situation analysis of NCDs in St Kitts and Nevis
- Faith-Based Screening West of the island's capital

Sunday 10th September

- Faith-Based Screening East of the island's capital

Monday 11th September

- Mental Health Screening at ALL High Schools and Tertiary Schools

Tuesday 12th September

- Community Kitchen - Culinary tutorials (televised) for persons living with Chronic Kidney Disease (CKD) and those at-risk for CKD, session provides an opportunity from residents to ask questions pertaining to health diet for target population

Wednesday 13th September

- Wellness Screenings at workplaces predominately male-employed

Thursday 14th September

- Teen Wellness Summit: Live TV Broadcast

Friday 14th September

- National Sneaker Day - epicenter of town will be blocked off from traffic and designated as a Walk Only Zone Time: 8 a.m. - 7 p.m.
- Youth Soca-Cise - Aerobic activity in the heart of the Walk Only Zone, 5 p.m. - 6 p.m. (after school and working hours) with Media coverage