



ANGUILLA

Caribbean Wellness Day & World Physiotherapy Day – Message by: Hon. Evans McNeil Rogers

- Newspaper Articles and Radio stations, All churches, Community Groups and Schools.

Saturday 8th September, 2018

Move for Health- Caribbean Wellness Day and World Physiotherapy Day Event

- Exercise and fitness Session on the James Ronald Webster Park at 5.30am

Monday 10th – Friday 14th September, 2018

Healthy Snack Week and Exercise Sessions at Schools and Workplaces

20th September, 2018 Thursday

Prostate Cancer Walk

Throughout the Month

- **Health Tips of the Week**
- Text messages by Flow, Digicel and IT Television at: Inland Revenue/ Post Office
 - Radio Programmes
- **Parent Teacher's Meetings**
 - Addressing Healthy Food/ Snack Choices in Preschools & Primary Schools
- **Prostate Cancer Jingle**
- **Building Healthy Communities Video Project - Sponsored by Pan American Health Organisation (PAHO)**
- **Workplace Wellness Programme Implementation**

Friday 28th September, 2018

- **Know Your Numbers Wellness Campaign Launch**
- **Caribbean Wellness Day Health Fair**
 - sponsored by Medical Air Services Association (MASA) in collaboration with HIMAHealth, Caribbean Wellness Day Committee, Health Authority of Anguilla, FLOW. Free Health Checks at the Ruthwill Grounds. Time: 10am to 3.00pm.
 - Blood Pressure, Blood Sugar, Prostate, Pap Smear, blood oxygenation, cholesterol tests on site, Health Counselling on Diabetes, high blood pressure, Cancer, Stroke etc.