

Turks and Caicos

CARIBBEAN WELLNESS DAY



Activities for Caribbean Wellness Week

September 5- 12, 2015

Saturday September 5, 2015

1. Senior's Sporting Competition (50 and over)

2. Health Fair

- Health Screening (Primary Health Care/National AIDS Programme, Public Health Lab)
 - Blood Sugar
 - Blood Pressure
 - HIV Testing
 - Weights
 - BMI
- Health Education (Health Promotion, Nutrition, Mental Health and Substance Dependence, Special Needs, Dental/Oral Health, Public Health Lab and Environmental Health)
 - Each unit will be expected to set up a booth for screening, education and awareness.
- **Healthy juicing demonstrations**
- **Healthy Cooking demonstrations**
- **Fitness Demonstrations (Local Gyms)**

Tuesday September 8, 2015 (All Islands)

Take a Fruit or vegetable to work and drink lots of water Day

Wednesday September 9, 2015 (All Islands)

Park and Walk, Run or Ride to Work

Saturday September 12, 2015 (Caribbean Wellness Day)

1. Premier's Caribbean Wellness Day Message

2. Community Walk, Run or Ride and Health Screening (Salt Cay, South, Middle and North Caicos)

3. Corporate and Senior's Sporting Competition (Providenciales)

4. Health Fair (Providenciales)

- **Health Screening** (Primary Health Care/National AIDS Programme, Public Health Lab)
 - Blood Sugar
 - Blood Pressure

- HIV Testing
- Weights
- BMI

- **Health Education** (Health Promotion, Nutrition, Mental Health and Substance Dependence, Special Needs, Dental/Oral Health, Public Health Lab and Environmental Health)
 - Each unit will be expected to set up a booth for screening, education and awareness.
- **Healthy juicing demonstrations**
- **Healthy Cooking demonstrations**
- **Fitness Demonstrations**