

# ANTIGUA

CARIBBEAN WELLNESS DAY



Highlights of activities held on a Caribbean Wellness day in Antigua and Barbuda 2015, focused on the theme of ***Healthy Lifestyles Healthy Aging.***

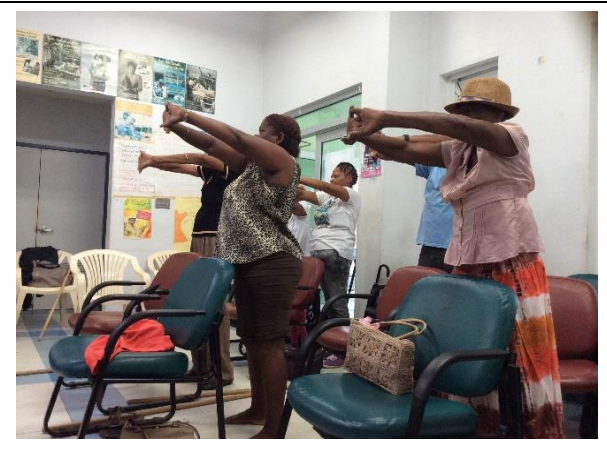
The activities were done at one of the Health Centers during the hours of 9.00am to 12.00pm at different hours as the clients visited the clinic for services.

Nurse Juliette Michael Family Nurse Practitioner, presented a power point presentation on ***Healthy Lifestyle Healthy Aging.*** Nutritionist Mrs. Susan Gardner prepared healthy snacks (hummus, demonstrated on site) using beans as an alternative to meat which was served with a variety of low salt crackers and tomatoes. Fresh fruits were also served.

The clients were engaged in physical activity demonstrating exercises that can be done even from the comfort of a wheel chair and also using a cane or walking stick to engage in physical fitness.

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