

ARUBA

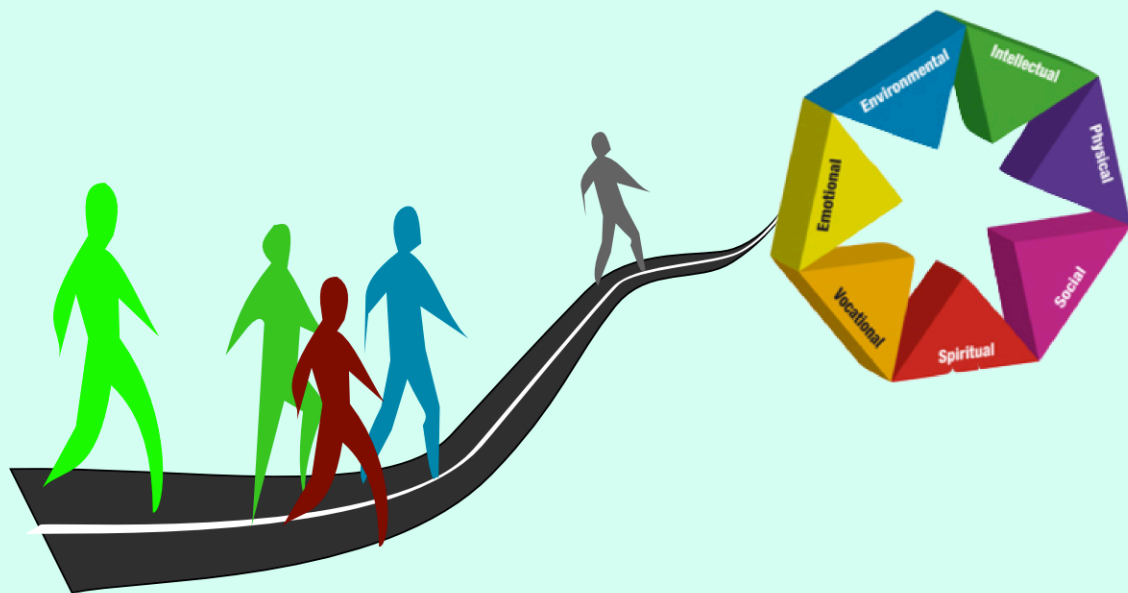
CARIBBEAN WELLNESS DAY/MONTH
 SEPTEMBER 12, OCTOBER 1-31, 2015



DATE	ACTIVITIES related to “Healthy lifestyles, Healthy Ageing”
September 12, 2015	Fun walk 6 km for all ages
	During the month of October dedicated to the elderly
Full month	TVspot of the elderly on the local television stations.
October 2	Competition of Word Art (declamation of original poems/prose and storytelling done by the elderly)
Oct 5-9	Media exposure with the theme: “Prepare for the diamond age”. Media: radio talk shows, a 2 hour televised health program dedicated to the theme.
October 5	Competition Brain Teasers for the elderly.
October 18	EXPO Healthy and Active Lifestyle. Goal: Promoting Physical Activity, Healthy Eating and Social participation among the ageing population of Aruba. The public can active participate in different activities e.g. Tai Chi, Yoga Dance-Fit, walking, Fysio-fit, recreation games, dancing etc.
October 23	Closing the age gap. Goal: to foment systematic contacts and interaction between different age groups. This will be stimulated in a social-cultural setting (music, theater, dance, norms and values, culinary etc.).
October 30	Traditional Food Festival: an opportunity to get acquainted with the traditional local food. It is also a fundraising activity for 22 organized elderly groups.
	Health screening with the “Bus di Salud” in the different districts of Aruba during September and October.
	All the activities will be posted on Face book and website of stakeholders: , Foundation ‘Movimiento ta Bida’, Department of Public Health, Social Security Bank, dr. Horacio Oduber Hospital, IBiSA (Healthy Lifestyle Institute), White Yellow Cross Home Care.

Caribbean Wellness Day

6 K Fun Walk



Healthy Living Healthy Aging



September 12, 2015 5.30 pm

Start AZV Rumbastraat - finish SVB Eagle

Participation free/gratis