

Belize

CARIBBEAN WELLNESS WEEK

Proposed Ideas



Wellness Week to be observed: Sept 22-26th, 2015 due to September and Independence celebrations

1) Wellness & Spa Organizations

Wellness organizations and companies to provide 10-20% discount on services and registration during the week of Sept-22-26th

In order to promote wellness we will request in writing companies offer the discount as a means to provide a motivation for persons to access wellness facilities countrywide

2) Media Support

Request that local media provide 15 minute segment during the morning talk show to air a wellness topic. This will be done every day for the week of September 22- 26th.

This will be done by request through letters to various media houses. This can be repeated within districts that have local media stations.

3) Ask that 2 spots not more than 2 minutes long be aired during that week to showcase a local provider providing healthy meals. Eg Smoothie/Juice provider or local restaurant. Segment to be done during news time..if possible.

4) Community Morning Walk

To engage community members and the working class to participate in a 30 minute walk for a morning during that week

Friday Sept 25

This activity will be spearheaded by the Community Policing Unit for the various divisions within Belize City and also other districts.

To be done by Community Policing

5) Wellness Open Day

Information booths and services on wellness will be provided at a central location for the community to access..

Proposed location: Battle field Park

Date: Thursday Sept 24th

Time: 10:00am – 3:00pm

- Services include MOH: NDACC, Mental Health, Primary care services, Red Cross, BCVI, Kidney Association, Diabetes Association, Cancer Society, and Disabilities Association

Physical activity & wellness competitions will be held: skipping rope, hula hoop, spin bike competition,

- Crystal Water donation and set up/ Citrus Products Donation and Set Up
- Massage Station: to provide 1 minute massage for \$1
- Nutrition Area: Fruits and Healthy snacks set up