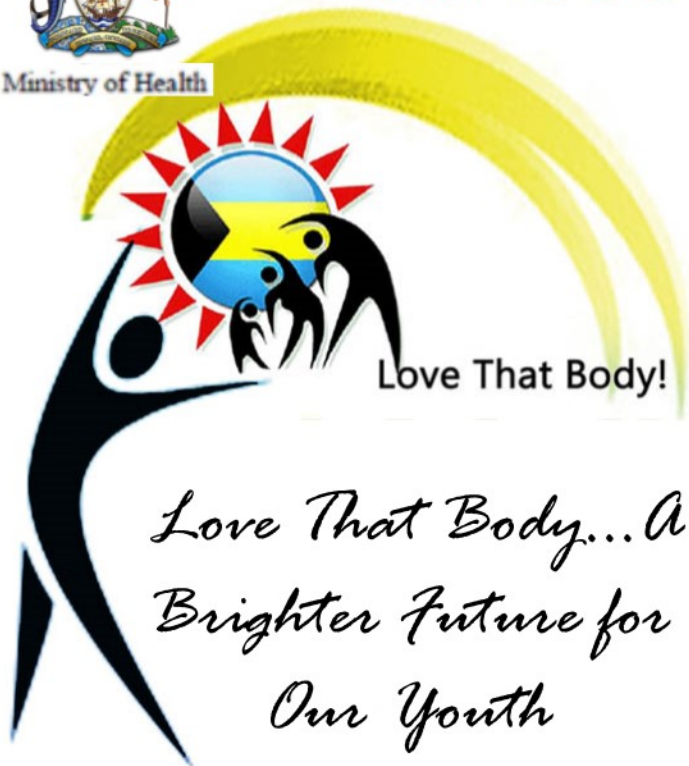




Ministry of Health

Caribbean Wellness Week 2017



Love That Body!

*Love That Body... A
Brighter Future for
Our Youth*



Date & Time	Activity	Details
November 4, 2017 6am - 10am	Fun Run/Walk	Route: Fort Charlotte/Clifford Park to Cable Beach Post Office and back to Fort Charlotte. Water Stops: Goodman's Bay, Cable Beach Post Office, Fort Charlotte Fruits available
November 4, 2017 10am - 2pm	Fit on the Fort	Physical Fitness talks and demonstration along with obstacle course
November 5, 2017 6am - 10am	Fun Run/Walk	Route: Fort Charlotte/Clifford Park to Cable Beach Post Office and back to Fort Charlotte. Water Stops: Goodman's Bay, Cable Beach Post Office, Fort Charlotte. Fruits available
November 9, 2017 12-4pm	Tertiary Health Forum	University of The Bahamas: Discussion and health forum for college-level students from tertiary institutions on New Providence
November 9, 2017 5-7pm	Fitness Fete	Location: Goodman's Bay Park
November 11, 2017 10am - 5 pm	Health & Wellness Expo	Location: RM Bailey Park. Health screenings, Fitness demonstrations, Healthy food preparation, Health information, Fun

4th –11th November, 2017

