














Caribbean Wellness Month of Activities | 2022

SEPTEMBER		Time
6th 	Launch Health Symposium	9AM 1PM
8th 	Inter-Ministry: Discussion & Health Symposium	9AM
9th 	Face to Face Radio Program	8AM -8:30
10th 	<p style="text-align: center;">Caribbean Wellness Day</p> <p>- Walk from ET Joshua Tarmac ->Queens Drive and Back - Cool down exercises and Challenges</p>	5:30AM
16th 	Hike to the Montreal Water Shed	9AM
17th 	Fitness Walk (Cedars District) Park Hill ->Fire Bun -> Mt Greenan -> Park Hill	9AM*
24th 	Community Fun Day (Calliaqua District) Glen Hard Court	2PM*
*24th 	Sundown Wellness GYMBore Bequia	5pm
	Workplace Wellness programs: Public and Private Sectors	**
	Spiritual Wellness Program	**
17th- 30th	Activities in a Health District near you **TO BE ANNOUNCED**	
OCTOBER		
1st 	Health Fair  Grand Finale  Glow Run	

* Subject to change
** to be announced