

World Health Day 2014



INDEPENDENCE SQUARE

Date: APRIL 7TH, 2014

Time: 5:00 PM —7:00 PM

- BRING YOUR WATER
- BRING YOUR TOWEL
- BRING YOUR FRIENDS

- **TAI CHI WARMUP—**
QUASEN SEALEY
- **BOOT CAMP—**
KENNETH GRIFFITH
JASPER BLADES
- **AEROBICS—**
EAREAL JOHNSON
- **COOL DOWN SESSION—**
EAREAL JOHNSON

**THE NATIONAL TASKFORCE ON
PHYSICAL ACTIVITY AND
EXERCISE**

PRESENTS:

EXercise IN THE CITY

Sponsored by:

**MINISTRY OF HEALTH,
BARBADOS**

