Regional Statements from:

- Dr. Carrington, DG, CARICOM

- Director, PAHO, Dr. Mirta Roses, who emphasized the 4 main messages for this year:
  - No Tobacco
  - Exercise 30 minutes per day
  - Less salt, less fat
  - Check your Blood Pressure
    - Also view on YouTube at
    - http://www.youtube.com/watch?v=O3aclgzOkBY
In member states:

- Almost every member state had events
  - Less so in Bahamas, Haiti, Turks & Caicos due to hurricane recovery
- Statements by Prime Ministers and Ministers of Health
- Press releases carried by local media
- Health screenings, and other health promotion activities
- Launch-pad for
  - increased physical activity,
  - healthy eating,
  - Lifestyle changes to stop the epidemic of NCDs
Belize

• Celebrated across the country, with activities in
  – Belize City: Hon Minister gave statement; screening at trade show
  – Toledo District: launched Diabetes Association Chapter; Family Walk; Signing of wellness contracts with patients
  – Dangriga Town:

All activities were organized by multi-sectoral committees
Caribbean Wellness Day 2008

Family Fun Walk and 10 K Run!

Beginning in front of Marion Jones Stadium

Saturday, September 13, 2008 @ 6:00 am

See you there!

“Love that body, Love that mind”

For further information, please contact the following:
223-0117 (HECOPAB),
207-5106 (National Sports Council),
227-2494 (Belize City Council) or
224-5536 (PAHO/WHO)
Belizeans! Learning our Past, 
Impacting our Present, 
Embracing our Future!

Run for a Healthy and United Dangriga
Beginning at Princess Royal Park
Saturday, September 6, 2008 @ 6:00 am

Surprises for the Biggest Group
Biggest Family
Oldest Male and Female Runner
Youngest Male and Female Runner
Free Refreshments after the Run

In Commemoration of Caribbean Wellness Day 2008

For further information, please contact the following:
Guyana – CWD at CARICOM
Guyana

Activities:

– 6:00 am Fitness March
– Rally, March Past
– Family Fun Day, addresses by Minister Ramsammy and PWR Dr. Israel

– Guyana Ministry of Health declares September – Caribbean Wellness Month, under the theme
– “Love that body – yours and mine”