

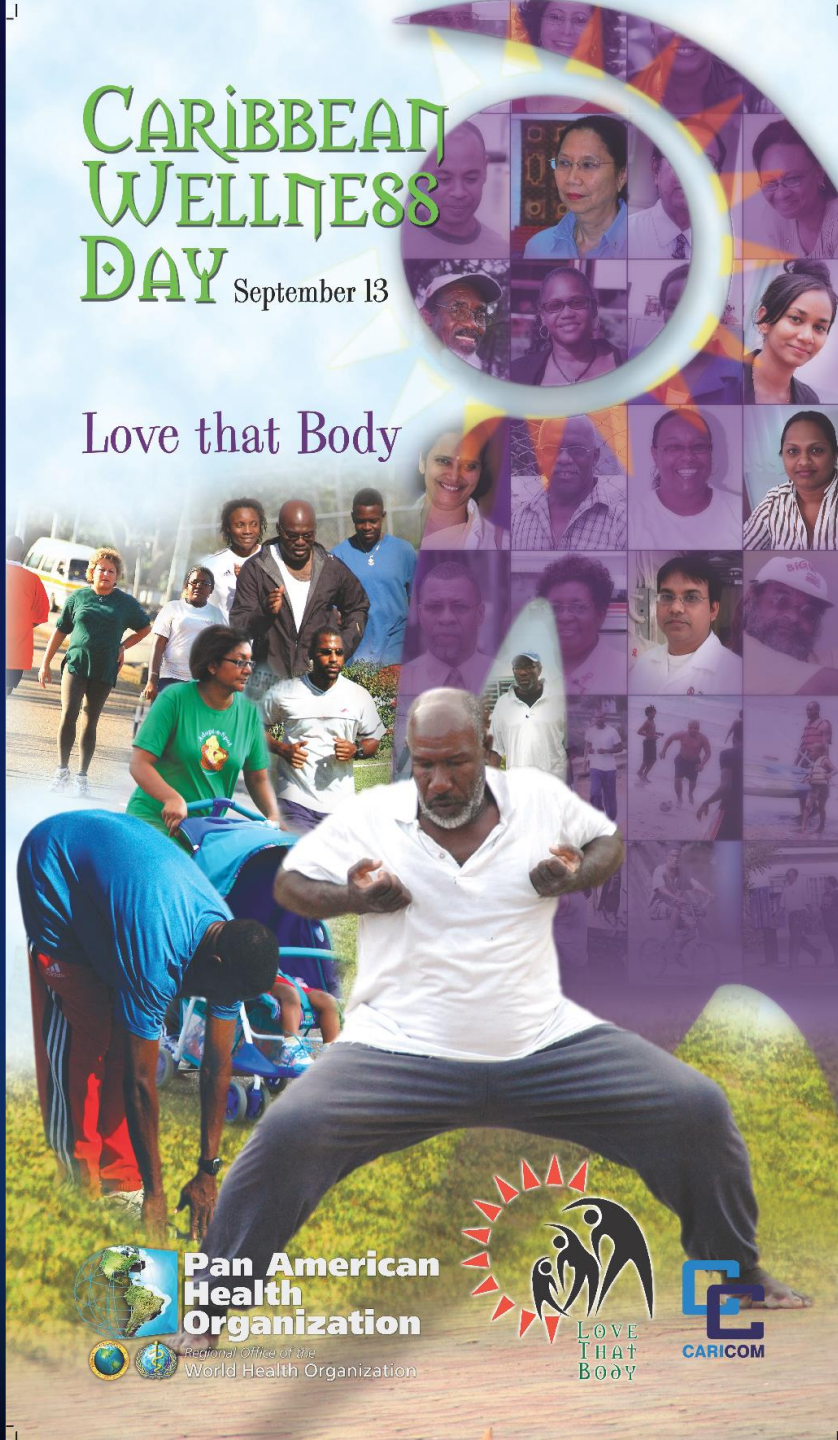


**Pan American  
Health  
Organization**

# CARIBBEAN WELLNESS DAY

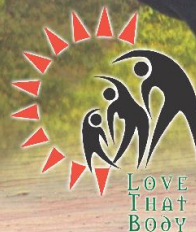
September 13

Love that Body



**Pan American  
Health  
Organization**

Regional Office of the  
World Health Organization



LOVE  
THAT  
BODY





# **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**



**Pan American  
Health  
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**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:*





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# 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”**