

The Virgin Islands Consortium

Governor's Office to Host Family Health and Wellness Expo

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The Office of the Governor, the Virgin Islands Department of Sports, Parks and Recreation and the Virgin Islands Personnel Division will host a Family Health and Wellness Expo from noon to 5 p.m. on Friday, November 15 at D.C. Canegata Recreational Center on St. Croix, Government House has announced.

According to the release, the goal of the expo is to increase awareness about how residents can improve their health and wellness by using a three-pronged approach:

- **Physically** – Encourage the balance of physical activity, nutrition and mental well-being.

- **Intellectually** – Engage individuals in activities that expand their knowledge and skills and increase self-awareness
- **Socially** – Increase social consciousness and foster a sense of community throughout the territory

Various government agencies, healthcare professionals and organizations will participate in the Family Health and Wellness Expo by providing biometric screenings, referrals, light treatment options, health counseling, exercise and wellness tips, food demonstrations and tastings, and information, products and services related to specific areas of health and wellness, Government House said.

Among the providers and organizations taking part are AARP, Frederiksted Health Care Inc., Neighborhood Pharmacy, Myrtle's Detox; AAA Chiro, Island Therapy Solutions, Therapeutic Massage, The Virgin Islands Department of Health, Therapy Work, and Sterling Optical. Other providers and organizations also are expected to participate.

Governor Albert Bryan said that healthy residents can change the course of the territory.

"Health and Wellness is not something we can fix overnight," he said. "However, if we individually change how we think about health and wellness, especially how we eat and live, we will change our lives and our community."

In addition to the Office of the Governor, Sports Parks and Recreation and the Personnel Division, other organizations sponsoring the Family Health and Wellness Expo include the USVI Soccer Association, the Virgin Islands Department of Tourism, the Virgin Islands Department of Sports, Parks and Recreation, Neighborhood Pharmacy, D.C. United soccer team, and the Bermuda Men's National Soccer Team.

All residents are invited to the Expo to help increase awareness about various ways to improve Virgin Islanders' health and wellness.

For additional information, please contact the Office of the Governor via telephone at 340-773-1404 or via email to chanice.jarvis@go.vi.go.