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Celebrity Chef Julius Jackson, Zumba Instructor Roberta Etienne Among Speakers for Personnel's Virtual Wellness Expo

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The V.I. Division of Personnel is inviting government employees and retirees under 65 to get a jumpstart on their wellness goals for the New Year by attending a full-day virtual expo featuring a range of interactive sessions, dynamic speakers, and meaningful demonstrations on cooking, fitness, and health management.

According to a release D.O.P. issued, the expo is scheduled for Thursday, January 27 from 10 a.m. – 4 p.m., and is available at www.gviwellnessexpo.com. Registration is ongoing and can be accessed through the Division of Personnel website, or by visiting www.gviwellness.org/ and selecting Annual Health and Wellness Expo on the dropdown menu under "program of interest".

Hosted by the Division of Personnel, in conjunction with the GESB Health Insurance Board, the expo is a cornerstone of the GVI Wellness Program, which offers an ongoing organizational approach to improving and promoting individual health, according to the release.

For a responsive experience, participants can log on and follow from any device, and are able to dialogue with presenters using a dynamic chat function. Through Personnel's Group Health Insurance Division, a partnership with CIGNA has also help net a range of health vendors and workshops covering topics such as COVID-19 health, coping with stress and daily mindfulness.

Speakers and presenters include:

- Dr. Julia Sheen, Health Policy Advisor, Office of the Governor – Introduction on Wellness
- Dr. Nicole Syms, Assistant Commissioner, Department of Health – Mental Health & Mindfulness
- Rachel Langley, Dental Hygienist, Office of Dr. Pomeranz & Dr. Iverson – Importance of Oral Hygiene
- Celebrity Chef Julius Jackson – Healthy Cooking Demo
- Roberta Etienne – Zumba Instruction, and many more!

Additional topics and workshops include: pre-natal care, diabetes awareness, cancer risk reduction, surviving a stroke, and maintaining a healthy work-life balance, among others. Swag and produce bags will be given away to members who attend the event, and distribution details will be announced during the expo, according to the release.

“We are excited to be able to put such an expansive set of resources at the fingertips of our GVI employees and retirees under 65,” said Personnel Director-Designee Cindy L. Richardson. “Developing healthy routines, achieving wellness goals and finding ways to stay fit – particularly during a time when it may be difficult to do so – has been a priority of the Bryan-Roach administration, and we believe this expo not only aligns with that vision, but truly offers each participant a stepping stone to healthy living.”