

# CELEBRATING WELLNESS

*Carnival Ready's Health Extravaganza*



**Wednesday, 28 September 2022**

**4:00 PM - 8:00 PM | Victoria Park**



GOVERNMENT OF BERMUDA  
Department of Health





# WELCOME TO CELEBRATING WELLNESS

## *Carnival Ready Health Extravaganza*

Celebrating Wellness is the opportunity for the Department of Health to collaborate with local health partners to provide health information. It is also the opportunity to promote healthy eating, physical activity and organizations that can assist to live well.



## **MENTAL WELL-BEING SECTION**

**Bermuda Cancer and Health Centre** 236-1001 [awilliams@chc.bm](mailto:awilliams@chc.bm)

**Bermuda Red Cross** 236-8253 [education@bermudaredcross.com](mailto:education@bermudaredcross.com)

**Healing Hands** 799-2579 [Healinghandsflatts@gmail.com](mailto:Healinghandsflatts@gmail.com)

**Lifestyles Co. Ltd.** 535-5447 [miki@lifestylesbda.com](mailto:miki@lifestylesbda.com)

**Mid-Atlantic Wellness Institute** 236-1001 [info@bhb.bm](mailto:info@bhb.bm)

**MoonGate Insurance** 542-2200 [reception@moongatebda.bm](mailto:reception@moongatebda.bm)

**Siam Thai Massage and Herbal Spa** 295-3999 [siamspa.bda@gmail.com](mailto:siamspa.bda@gmail.com)

**Tea Bar** 799-7979 [teabarbda@gmail.com](mailto:teabarbda@gmail.com)

## **MOVE MORE SECTION**

**Ageing and Disability Services** 292-7802 [ads@gov.bm](mailto:ads@gov.bm)

**B. F. & M. Insurance Group** 298-0295 [bdale@bfm.bm](mailto:bdale@bfm.bm)

**Bda. Pilates** 705-1668 [info@bdapilates.com](mailto:info@bdapilates.com)

**Bermuda Gymnastics Association** 295-0589 [bgainfo@bermudagymnastics.bm](mailto:bgainfo@bermudagymnastics.bm)

**Bermuda JumpRope Federation** 747-7714 [bdajrf@gmail.com](mailto:bdajrf@gmail.com)

**Community Rehabilitation** (Ot/PT 278-4900)

**Rockwall Climbing** [funtymeent@gmail.com](mailto:funtymeent@gmail.com)

**Step This Way (pedometer challenge)** 278-4900 [healthpromotion@gov.bm](mailto:healthpromotion@gov.bm)

## VEGETABLE SECTION

**Bermuda Diabetes Association** 297-8427 admin@diabetes.bm

**Bermuda Dietitians Association** bermudadietitiansassociation@gmail.com

**Department of Waste Management** recycle@gov.bm

**Furbert's Vertical Gardening** 777-8125 diagardens9@gmail.com

**Nutrition Services (DoH)** 278-6469 nutrition@gov.bm

**Single Use Plastics** plastics@best.org

**Veggie Bar** 278-4900 healthpromotion@gov.bm

## WATER SECTION

**Community Health Nursing (DoH)** 278-6470 communityhealthnursing@gov.bm

**Environmental Health (DoH)** 278-5333 envhealth@gov.bm

**New Edge Diagnostics** 261-9292 rwolfte@newedgediagnostics.com

**Occupational Safety and Health (DoH)** 278-5333 envhealth@gov.bm

**Oral Health (DoH)** 278-6440 oralhealth@gov.bm

**Port Health (DoH)** 278-5333 porthealth@gov.bm

**Vector Control (DoH)** 278-5397 vectorcontrol@gov.bm

**Water Bar** 278-4900 healthpromotion@gov.bm

## FOOD SECTION

**Bluebird Pathfinders** 504-4027 walethea@ymail.com

**Fish N Ting** 292-7389

**Rosa's** 295-1912

# ON-STAGE ENTERTAINMENT

## *Music Coordinator*

DJ Peppy

Move More BINGO

For God's Purpose

## *Opening Remarks*

The Hon. Kim Wilson, JP, MP  
Minister of Health

## *Welcome*

MC Power Girl Trina

Bermuda Jumprope Federation

Longevity Athletic Bermuda (LAB)  
Cardio Kickboxing

The Gilbert and Sullivan Society of Bermuda  
Adams family

Hula Hoop Competition

## **CARNIVAL LAP**

Carnival In Bermuda

# PRIZES

We invite you to visit the booths and based on your level of interaction you will be awarded with either a \$2 or a \$5 Health Buck. Once you have visited as many booths as possible offering Health Bucks go to the Department of Health's giveaway table to redeem them for a prize. The more Health Bucks the bigger the prize. So, visit as many booths as possible.

Your Health Bucks can also earn you an entry into a draw for a Relax and Rejuvenation Bundle. The bundle includes an acupressure mat, a folding chair and a pop-up shade.

Prizes, giveaways and material are while supplies last  
DoH reserves the right to substitute prizes



GOVERNMENT OF BERMUDA

**Department of Health**

Questions and feedback can be sent to the Health Promotion  
and Wellness Office of the Department of Health:

Call **278-4900** or email **[healthpromotion@gov.bm](mailto:healthpromotion@gov.bm)**