



GOVERNMENT OF BERMUDA
Ministry of Health and Seniors
Department of Health

PUBLIC HEALTH WEEK

APRIL 3-7, 2017

TUESDAY, APRIL 4 AND WEDNESDAY, APRIL 5 9:30 AM – 5:00 PM

Event: Mental Health First Aid

Location: Mid-Atlantic Wellness Institute

The goal of Mental Health First Aid is to provide people with the resources to help those experiencing a mental health problem and to guide them to the appropriate professional help.

Cost: The course costs \$100 and is offered as a two-day programme, from 9:30 am-5:00 pm on both days. Participants will be provided with a certificate indicating that they are trained in Mental Health First Aid.

For further information please email or call
mhfa@bhb.bm or 239-1182

WEDNESDAY, APRIL 5

Event: Pop-up Shops

Location: Shelly Bay Market Place and Somerset Market Place

Time: 12:00 pm – 4:00 pm

- Complete the Happiness Survey with Life Scale and receive FREE fruit

THURSDAY, APRIL 6

Event: Obesity and Depression Presentation, Bermuda Hospital Boards Continuing Medical Education

Location: KEMH General Wing, 1st Floor Conference Room

Time: 1:00 pm – 2:00 pm

For further information please email
scymone.devent@bhb.bm

FRIDAY, APRIL 7

Event: Move-A-Thon

Location: City Hall

Time: 10:00 am – 2:00 pm

- This event will be used to culminate the 1 Billion Steps Challenge that ends on April 9th. Participants will have the opportunity to participate in various physical activity sessions. Each session will run for twenty minutes.
- Complete the Satisfaction with Life Scale and receive FREE fruit.

TIME 10:00

ACTIVITY

Welcome and
Opening Remarks

*Mayor of Hamilton
Minister of Health
and Seniors*

10:20

Zumba

Betty Doyling

10:45

Bodyshred

Annette Lewis

11:10

Dance Fuze

The Athletic Club

11:35

Body Pump

Kyle James

12:00

SOCFIT

Geisha Rene

12:25

STRONG by Zumba

Bertha Griffin

12:50

Old School Aerobics

Marie Beach

1:15

Kickboxing

Sharlene Sousa

1:40

Line Dancing

Wanda Maxwell



Bermuda Hospitals Board
CARING FOR OUR COMMUNITY