

CELEBRATING WELLNESS

A VIRTUAL HEALTH FAIR

POWER THROUGH COLLECTIVE ACTION
IN IT TOGETHER: BUILDING HEALTHY COMMUNITIES



- FREE GIVEAWAYS
- PARTICIPATE AND EARN POINTS
- CLIMB THE LEADERBOARD
- TEST YOUR TRIVIA SKILLS



GOVERNMENT OF BERMUDA
Department of Health



WEDNESDAY,
27 October 2021
3:30 PM – 7:30 PM (AST)
Register for this **FREE**
virtual event at
celebratingwellness.vFairs.com

FEATURING

INTERACTIVE PRESENTATIONS

- PROPER BREATHING TECHNIQUES
- IMPORTANCE OF ESSENTIAL OILS
- CARING FOR THE MIND, BODY & SOUL
- GET UP AND MOVE ACTIVITIES
- FOOD DEMONSTRATION
- ARE YOUR HANDS CLEAN?
- REGENERATIVE GARDENING AND ITS BENEFITS

VARIOUS VENDOR BOOTHS

- MYOB (MIND YOUR OWN BODY)
- TANK CLEANING AND WATER SAFETY
- EAT YOUR YARD
- BDA PILATES
- FOOD FOREST
- BACK HEALTH, COMMUNITY REHAB, DOH
- MID-ATLANTIC WELLNESS INSTITUTE
- EMPLOYEE ASSISTANCE PROGRAMME