

Commit to Change

SMALL CHANGES, **BIG** RESULTS!



GOVERNMENT OF BERMUDA

Department of Health

Choose
water



Monday, 8 April

MOVE MORE AND CHOOSE WATER

Get your move on at Union Square!
Free activities and games for all ages.
Try out some infused water!

10:00 am - 2:00 pm Union Square

Eat more
vegetables



Tuesday, 9 April

MENTAL HEALTH IN THE WORKPLACE

Panel discussion with local experts at
Bermuda Society of Arts

12:30 pm - 1:30 pm *Light lunch served*

Wednesday, 10 April

EAT MORE VEGETABLES

Farmer's Market at City Hall, produce for sale,
FREE food demos and other food vendors

10:00 am - 2:00 pm

Exercise
daily



Thursday, 11 April

Visit our booth at the Agricultural Show

For more information
email healthpromotion@gov.bm
or call 278-4900

balance
mental
wellbeing
more



MOVE MORE
BERMUDA