



# MINISTRY OF HEALTH & WELLNESS

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September 15th, 2021

Mrs. Kim Aikman  
Chief Executive Officer  
The Belize Chamber of Commerce & Industry  
#4792 Coney Drive First Floor  
Withfield Tower  
Belize City

Dear Mrs. Aikman

The Caribbean and SICA countries both observe Wellness Week annually as a significant event that provides an opportunity for our countries to increase the awareness of the non-communicable diseases (NCDs) given its heavy burden in the region. It is commemorated to mobilize and strengthen public, private, and civil society partnerships for NCDs; promote multi country, multisectoral activities in support of wellness. Moreover, it showcases national and community level activities that encourage and promote healthy living.

In Belize, Wellness Week 2021 will be celebrated during the week of **September 27<sup>th</sup> to October 1st**.

This year, the theme being celebrated in collaboration with the SICA region is "**Seeking occupational health and well-being in times of COVID-19.**" Through highlighting a healthy workplace for employees, particularly frontline workers, Wellness Week seeks to building a fairer, healthier world for everyone. This campaign is a call for countries to strengthen support mechanisms and foster wellbeing to help prevent stress and create positive working environments, where individuals and organizations can thrive. Because good health and wellbeing can be an essential enabler of employee engagement and organizational performance. After all, organizations and businesses have the responsibility to protect the health and wellness of their workers, and this includes protection of COVID-19.

On this occasion, the Ministry of Health & Wellness and its partners, including PAHO, Ministries of Agriculture and Education, and the Belize Parliamentary Alliance Against Hunger and Malnutrition are promoting healthy lifestyles, through the development of health promotion activities with the active participation and collaboration of each one of your organizations.

Planned activities include zoom sessions that discuss important health topics. Details are in the attached table.

We cordially invite you and your organizations/ministries to participate by sharing the dates of and encouraging your staff to log in to these informative sessions.

If you need further information, please contact Kathleen Azueta Cho, Technical Advisor for HECOPAB at 605-1558 or [kcho@health.gov.bz](mailto:kcho@health.gov.bz)

We look forward to your continued support and collaboration.

Yours in Health,

  
**HON. MICHEL CHEBAT, SC**  
**MINISTER OF HEALTH & WELLNESS.**



Theme	Day	Proposed Activity	Responsibility
Occupational Health and physical activity at the workplace	FITNESS MONDAY Monday Sept 27 <sup>th</sup>	Opening of wellness week 2021 Opening Statement by Minister Chebat (Communications Team)	MOHW
		'Get the Facts' Topic: Life after COVID	MOHW
		Discussions about wellness and physical activity at the workplace <i>Zoom Session 1 at 9:00 am to 10:15 am Dr. Polanco</i>	Dr. Polanco, PAHO
		Zoom Session 2: Occupational Health 10:30 am to 12 p.m.  <b><i>LET'S GET MOVING: Encourage staff to come to work by Foot or by bike (Submit activity from STRAVA, Nike, or another app. Submit this and your photo to be posted)</i></b> <b><i>This will be shared on MOHW Facebook and/or Regions' page</i></b>	INCAP (Int'l Agency)
Healthy Nutrition	TASTY TUESDAY Tuesday Sept 28 <sup>th</sup>	Zoom Session 1 at 9 a.m.: Healthy Affordable foods	Robyn Daly, MOHW
		Zoom Session 2 at 10:30 am: Discussion on healthy eating in the context of COVID-19	Anabel Maciel. INCAP
		Importance of Drinking Water/Healthy Snacks <b><i>Submit this and your photo to be posted)</i></b> <b><i>This will be shared on MOHW Facebook and/or Regions' page</i></b>	
Healthy Lifestyle Habits through Exercise and relaxation	WELLNESS WEDNESDAY Wednesday Sept 29 <sup>th</sup>	Zoom Session 1 at 9 a.m.: Healthy Lifestyle Habits through Exercise and relaxation	Karen Rosito
		Zoom Session 2 at 10:30 am: Substance use/ Moderate Drinking	Esner Vellos, NDACC
		<b><i>FEEL FITNESS: Engage in a Yoga session, run/walk with couple colleagues or individually</i></b>	
		<b><i>Prepare healthy breakfast to start the day, take 3 min to practice deep breathing exercise</i></b>	
		<b><i>Sit less at work- practice stretching</i></b>	
		<b><i>(Submit activity from STRAVA, Nike, or another tracking app for physical activities)</i></b> <b><i>Submit video/Tik Tok of meal preparation/stretching tips)</i></b>	

<b>Importance of sleep</b>	<b>RELAXING THURSDAY</b> Thursday Sept 30 <sup>th</sup>	Zoom Session at 9 a.m.: Importance of sleep	Michelle Williams
<b>Mental Health at the workplace</b>	<b>MINDFUL FRIDAY</b> Friday Oct 1 <sup>st</sup>	Zoom Session 1 at 9 a.m.: Mental Health at the workplace  Zoom Session 2 at 10:30 a.m.: The Importance of Being Present	Ns. Iveth Quintanilla MOHW  Michelle Williams