



# SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI

TEL.: (876) 625-0612-3, 962-9491 or 962-8232 | FAX: (876) 962-8233 | WWW.SRHA.GOV.JM



**Mandeville Regional Hospital**  
32 Hargreaves Avenue  
Mandeville  
Ph: 962-2067/2744/1094  
Fax: 625-8493

**May Pen Hospital**  
1 Muirhead Avenue  
May Pen  
Ph: 986-2528/7708/6938  
Fax: 986-2650

**Black River Hospital**  
45 High Street  
Black River  
Ph: 965-2224/2212  
634-3700  
Fax: 965-9294

**Percy Junor Hospital**  
Spalding P.O.  
Clarendon  
Ph: 964-1181/2222/2322  
Fax: 964-1548

**Lionel Town Hospital**  
Bustamante Drive  
Vere, Clarendon  
Ph: 986-3226  
Fax: 986-3373

**Chapelton Hospital**  
Chapelton P.O.  
Clarendon  
Ph: 987-2215

**Manchester Health Dept.**  
Race Course Rd.  
Mandeville  
Ph: 962-2288/7033  
625-3433  
Fax: 962-2171

**Clarendon Health Dept.**  
1 Muirhead Avenue  
May Pen  
Ph: 986-4548/7869  
Fax: 986-9713

**St. Elizabeth Health Dept**  
High Street  
Black River  
Ph: 965-9174-5  
Fax: 965-2701

## PRESS RELEASE

**August 15, 2017**

**FOR IMMEDIATE RELEASE:**

### Leading by Example: Health Staff Enthusiastic About Regular Physical Activity

Aligned with the Ministry of Health's 'Jamaica Moves' campaign, which promotes healthy lifestyle habits among Jamaicans, the Southern Regional Health Authority (SRHA) is providing resources and support to its staff in the parishes of Clarendon, Manchester and St. Elizabeth, to promote regular physical activity and healthier diets.

Regional Director of the SRHA, Mr. Michael Bent said it was imperative for health workers to not only teach healthy living but to exemplify it in their everyday lives. He added that he was pleased that the staff members have been enthusiastic about the regular physical activity sessions, which are held four days each week, in each parish within the region.

"Each parish within the region has been provided with a physical trainer who engage the staff in these physical activity sessions. The sessions are rotated between facilities, in an effort to reach staff who may not be able to travel to other facilities. We also encourage community members to participate in the sessions" Mr. Bent explained.

The Regional Director noted that though physical activity requires little or no resources, and can be achieved in various forms and be done in any setting, staff have access to exercise tools, to boost their interest. He added that staff nutritionists also assist staff members with meal plans and information regarding healthier diets.

Mr. Bent added that the SRHA is working on the development of a Family Wellness and Therapeutic Park which will be used as a prescription for healthy lifestyle practices and will be replicated in the parishes of Manchester, Clarendon and St. Elizabeth.

According to the Regional Health Promotion and Education Officer, Mrs. Faith Lyttle, the SRHA has also embarked on a wellness programme, which has engaged 45 persons from workplaces and communities in the parishes of Clarendon, Manchester and St. Elizabeth for one year. She

(more)

**Chairman: Wayne Chen; Vice Chairman:** Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Haughton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr Michael Coombs; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh



# SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI

TEL.: (876) 625-0612-3, 962-9491 or 962-8232 | FAX: (876) 962-8233 | WWW.SRHA.GOV.JM



**Mandeville Regional Hospital**  
32 Hargreaves Avenue  
Mandeville  
Ph: 962-2067/2744/1094  
Fax: 625-8493

**May Pen Hospital**  
1 Muirhead Avenue  
May Pen  
Ph: 986-2528/7708/6938  
Fax: 986-2650

**Black River Hospital**  
45 High Street  
Black River  
Ph: 965-2224/2212  
634-3700  
Fax: 965-9294

**Percy Junor Hospital**  
Spalding P.O.  
Clarendon  
Ph: 964-1181/2222/2322  
Fax: 964-1548

**Lionel Town Hospital**  
Bustamante Drive  
Vere, Clarendon  
Ph: 986-3226  
Fax: 986-3373

**Chapelton Hospital**  
Chapelton P.O.  
Clarendon  
Ph: 987-2215

**Manchester Health Dept.**  
Race Course Rd.  
Mandeville  
Ph: 962-2288/7033  
625-3433  
Fax: 962-2171

**Clarendon Health Dept.**  
1 Muirhead Avenue  
May Pen  
Ph: 986-4548/7869  
Fax: 986-9713

**St. Elizabeth Health Dept**  
High Street  
Black River  
Ph: 965-9174-5  
Fax: 965-2701

added that the programme will incorporate physical activity and proper nutrition as a prescription for healthier lifestyles and is also part of the Health Ministry's target to reduce the mortality rate associated with non-communicable diseases by 25 percent by 2025.

The Ministry of Health urges Jamaicans to engage in a minimum of 30 minutes of moderate exercise daily, which helps to prevent and control non-communicable diseases.

Picture 1



Staff members from the SRHA Regional Office and even their children engage in an exercise session.

(more)

**Chairman: Wayne Chen; Vice Chairman:** Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Haughton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr Michael Coombs; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh



# SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI

TEL.: (876) 625-0612-3, 962-9491 or 962-8232 | FAX: (876) 962-8233 | WWW.SRHA.GOV.JM



**Mandeville Regional Hospital**  
32 Hargreaves Avenue  
Mandeville  
Ph: 962-2067/2744/1094  
Fax: 625-8493

**May Pen Hospital**  
1 Muirhead Avenue  
May Pen  
Ph: 986-2528/7708/6938  
Fax: 986-2650

**Black River Hospital**  
45 High Street  
Black River  
Ph: 965-2224/2212  
634-3700  
Fax: 965-9294

**Percy Junor Hospital**  
Spalding P.O.  
Clarendon  
Ph: 964-1181/2222/2322  
Fax: 964-1548

**Lionel Town Hospital**  
Bustamante Drive  
Vere, Clarendon  
Ph: 986-3226  
Fax: 986-3373

**Chapelton Hospital**  
Chapelton P.O.  
Clarendon  
Ph: 987-2215

**Manchester Health Dept.**  
Race Course Rd.  
Mandeville  
Ph: 962-2288/7033  
625-3433  
Fax: 962-2171

**Clarendon Health Dept.**  
1 Muirhead Avenue  
May Pen  
Ph: 986-4548/7869  
Fax: 986-9713

**St. Elizabeth Health Dept**  
High Street  
Black River  
Ph: 965-9174-5  
Fax: 965-2701

Picture 2



Staff and community members from Clarendon demonstrate their physical activity moves.

Picture 3



The community and staff team from Manchester team shows their style.

(more)

**Chairman: Wayne Chen; Vice Chairman:** Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Houghton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr Michael Coombs; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh



# SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI

TEL.: (876) 625-0612-3, 962-9491 or 962-8232 | FAX: (876) 962-8233 | WWW.SRHA.GOV.JM



**Mandeville Regional Hospital**  
32 Hargreaves Avenue  
Mandeville  
Ph: 962-2067/2744/1094  
Fax: 625-8493

**May Pen Hospital**  
1 Muirhead Avenue  
May Pen  
Ph: 986-2528/7708/6938  
Fax: 986-2650

**Black River Hospital**  
45 High Street  
Black River  
Ph: 965-2224/2212  
634-3700  
Fax: 965-9294

**Percy Junor Hospital**  
Spalding P.O.  
Clarendon  
Ph: 964-1181/2222/2322  
Fax: 964-1548

**Lionel Town Hospital**  
Bustamante Drive  
Vere, Clarendon  
Ph: 986-3226  
Fax: 986-3373

**Chapelton Hospital**  
Chapelton P.O.  
Clarendon  
Ph: 987-2215

**Manchester Health Dept.**  
Race Course Rd.  
Mandeville  
Ph: 962-2288/7033  
625-3433  
Fax: 962-2171

**Clarendon Health Dept.**  
1 Muirhead Avenue  
May Pen  
Ph: 986-4548/7869  
Fax: 986-9713

**St. Elizabeth Health Dept**  
High Street  
Black River  
Ph: 965-9174-5  
Fax: 965-2701

Picture 4



Staff and community members from St. Elizabeth give a good showing.

-30-

For more information contact:

Latoya Laylor Brown  
Public Relations & Advocacy Officer  
Southern Regional Health Authority  
Tel: 962-8232/779-2663  
Email: [latoya.laylor@srha.gov.jm](mailto:latoya.laylor@srha.gov.jm)

**Chairman: Wayne Chen; Vice Chairman:** Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Haughton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr Michael Coombs; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh