



# SOUTHERN REGIONAL HEALTH AUTHORITY

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**Mandeville Regional Hospital**  
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Mandeville  
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**May Pen Hospital**  
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May Pen  
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Fax: 986-2650

**Black River Hospital**  
45 High Street  
Black River  
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634-3700  
Fax: 965-9294

**Percy Junior Hospital**  
Spalding P.O.  
Clarendon  
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**Lionel Town Hospital**  
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Vere, Clarendon  
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**Chapelton Hospital**  
Chapelton P.O.  
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**Manchester Health Dept.**  
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Mandeville  
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625-3433  
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**Clarendon Health Dept.**  
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**St. Elizabeth Health Dept**  
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## PRESS RELEASE

**May 6, 2016  
FOR IMMEDIATE RELEASE:**

### **Physical Activity Being Used to Tackle Lifestyle Diseases...National Observance on May 10**

Research has shown that there is a strong association between the emerging epidemic of Chronic Non-Communicable Diseases (CNCDs) and lifestyle choices and for this reason, the Ministry of Health is encouraging the public to use physical activity to prevent, reduce and control the risk factors associated with these diseases.

Each year, in an effort to promote physical activity among the population, the Ministry of Health commemorates Move for Health Day, an international event created in 2002 by the World Health Organization to promote physical activity.

The Move for Health Day commemoration provides an opportunity to generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases in addition to promoting healthy behaviours and lifestyles and address health-related issues through sports and physical activity.

Clarendon will host the national Move for Health Day on Tuesday, May 10, 2016 under the theme, "Get in the Groove and Work With the Move".

The day's events will include a 3K Run/Walk from the May Pen Hospital through the town of May Pen at 8:00 a.m. followed by the opening ceremony at 11:00 a.m. on the grounds of the Bargain Village Plaza. Other activities will include: free health checks, games, culinary competitions, 'dancercise', a concert and physical activity sessions throughout the day.

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For more information contact:  
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**Chairman:** ; **Vice Chairman:** **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