



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

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.

-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

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