



FST AND FMS HEALTH AND WELLNESS EXPO

GUIDE

November 2023

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WELCOME

MY HEALTH: THE HEART OF THE MATTER

Welcome to the the Faculties of Science and Technology and Medical Sciences Health and Wellness Expo. This activity continues the celebration of The UWI's 75th anniversary, and the immense legacy and global impact that characterizes our university.

Equally, this activity celebrates the staff of our university. On this **our Technical and Service Staff Appreciation Day**, we celebrate the hard work and diligence of our team members and their contribution to The UWI's pursuit of excellence in advancing learning, creating knowledge and fostering innovation for the positive transformation of the Caribbean and the wider world.



We thank our partners - the national agencies and companies - who have bought into this vision and have come on board to support its implementation.

It is our hope that this activity will have a positive and lasting impact on our staff and students, and our partners.

Enjoy the Expo Experience.

EXPO | 02

Rooted. Ready. Rising

EXPO DIRECTORY

FOOD		
Eden Whole Foods	Fruit Fusion Natural Juices	Kamila's Kitchen
Living Food and Juices	NPI (Brewing Station)	
Radiology and Government Programmes		
National Council on Drug Abuse	National Health Fund	Kris Radiology
EYE SCREENING AND EYE WEAR		
Neo Vision	Vice Optics	
MEDICINAL HERBS		
Health Thru Plants	Jacana Jamaica	FST Cannabis Research Group
HEALTH SCREENING		
Clinical Pharmacist	C-Tech	Diabetes Association of Jamaica
Health Connect Jamaica	Nurse Practitioners	School of Dentistry
HEALTH PRODUCTS		
Estrella De Mar Inc	Facey Commodity	GSB Legacy International
Herbs Synergy Pharmaceutical Limited	The Life Store Wellness Boutique	
MORE UWI PARTNERS		
CAIHR	UWI Bookshop	
FINANCES		
EduCom	FirstCare Medical	ICWI
Niche Financing Ltd	Sagicor	

FST TECH & SERVICE STAFF ZONE

EDEN WHOLE FOODS

KAMILA'S KITCHEN

LIVING FOOD & JUICES

NPI BREWING STATION

FRUIT FUSION

JACANA JAMAICA

NICHE FINANCING

FIRSTCARE MEDICAL

ICWI

EDUCOM

SAGICOR

INFORMATION DESK

CAHRP

NEO VISION

VICE OPTICS

UWI BOOKSHOP

ASSEMBLY HALL FLOORPLAN

LIFESTORE WELLNESS

ESTRELLA DE MAR

FACEY COMMODITY

HEALTH THROUGH PLANTS

GSB LEGACY

HERBAL SYNERGY

KRIS RADIOLOGY

NATIONAL COUNCIL ON DRUG ABUSE

NATIONAL HEALTH FUND

STAGE



SEATING

FST CANNABIS

C-TECH

NURSE PRACTITIONERS

CLINICAL PHARMACISTS

DIABETES ASSOCIATION OF JAMAICA

HEALTH CONNECT

SCHOOL OF DENTISTRY

HEALTH AND WELLNES EXPO

LAUNCH - 9:30 A.M.

The FST & FMS Health and Wellness Expo will commence with a short launch ceremony in the Assembly Hall.

The ceremony will also facilitate the of award of service staff who have completed two sets of UWI - HEART Training sessions - The Turf Attendant Training and The Food and Beverage Training.



TECHNICAL AND SERVICE STAFF ZONE

FST Technical and Service Staff: There is a zone reserved just for you today at the Assembly Hall. There you will find a photo op area, games and give aways, and many other treats. Gift certificates will also be on offer and the chance to win a gift basket courtesy of Facey Commodity. The drawing to win that prize is reserved only for those who visit today. See you there.



THE FHE WELLNESS FAIR

Remember to visit the Faculty of Humanities and Education Wellness Fair that is also be staged today in the FHE Courtyard. Many services are on offer. It is indeed a day for Health and Wellness.



HEALTH TALKS

11:00 A.M. - 12:40 P.M.



The Faculty of Science and Technology
and
The Faculty of Medical Sciences

in commemoration of
The UWI 75th Anniversary
and
**Technical and Service Staff
Appreciation Day**

*My Health...
the heart of the matter*



Free Health Checks

Clinical Pharmacists and
Practitioners from the
Schools of Nursing and
Dentistry
will be on-site.

Health & Wellness Expo

Thursday
November 30
2023

Assembly Hall, The UWI Mona
9:30 a.m. - 3:30 p.m.

Presentations



Championing the Cause - Men's Health
Mr. Tamar "Stretch" Heron
Main Library, The UWI Mona
11:00 a.m. - 11:20 a.m.



**Medicinal Herbs - An Important Component for
Health Management**
Dr. Sylvia Mitchell
CCRIB, FST, The UWI Mona
11:20 a.m. - 11:40 a.m.



**Preventive Care for Common Health Conditions
(Diabetes, Hypertension and High Cholesterol)**
Dr. Tina Hylton Kong
The UWI Health Centre
11:40 a.m. - 12:00 p.m.



Benefits of Life Insurance
Mrs. Audrey Longmore-Wilson
Senior Financial Advisor, MDRT member
12:00 p.m. - 12:20 p.m.



**Health Benefits of Cannabis, The FST
Experience**
Dr. Machel Emanuel
Lecturer, Department of Life Sciences
12:20 p.m. - 12:40 p.m.



Exhibitors



FITNESS TRAINING SESSION

**TIME
12:45
TO
1:15 P.M.**

**FITNESS
INSTRUCTOR:**

**JAWARA
'TRAINER
WAWA'
FAIRWEATHER**

**ASSEMBLY
HALL**

**ESTABLISH
A NEW
WELLNESS
ROUTINE**



**SIGN UP FOR THE 2024 FST FITNESS & WELLNESS
PROGRAMME AT THE INFORMATION DESK**

FST & FMS HEALTH AND WELLNESS EXPO

CHRISTMAS GREETINGS

FROM
THE FACULTIES OF SCIENCE AND TECHNOLOGY AND MEDICAL SCIENCES



HOLIDAY VIBES

HAVE A HEALTHY CHRISTMAS

HAPPY NEW YEAR

MAY YOU PROSPER AND BE
IN GOOD HEALTH FOR 2024