



FST AND FMS HEALTH AND WELLNESS EXPO

GUIDE

November 2023



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WELCOME

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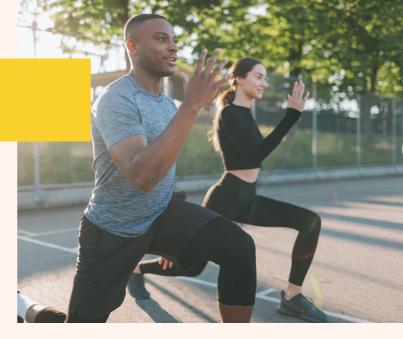
EXPO DIRECTORY

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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 and anniversary, 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 fostering and 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.

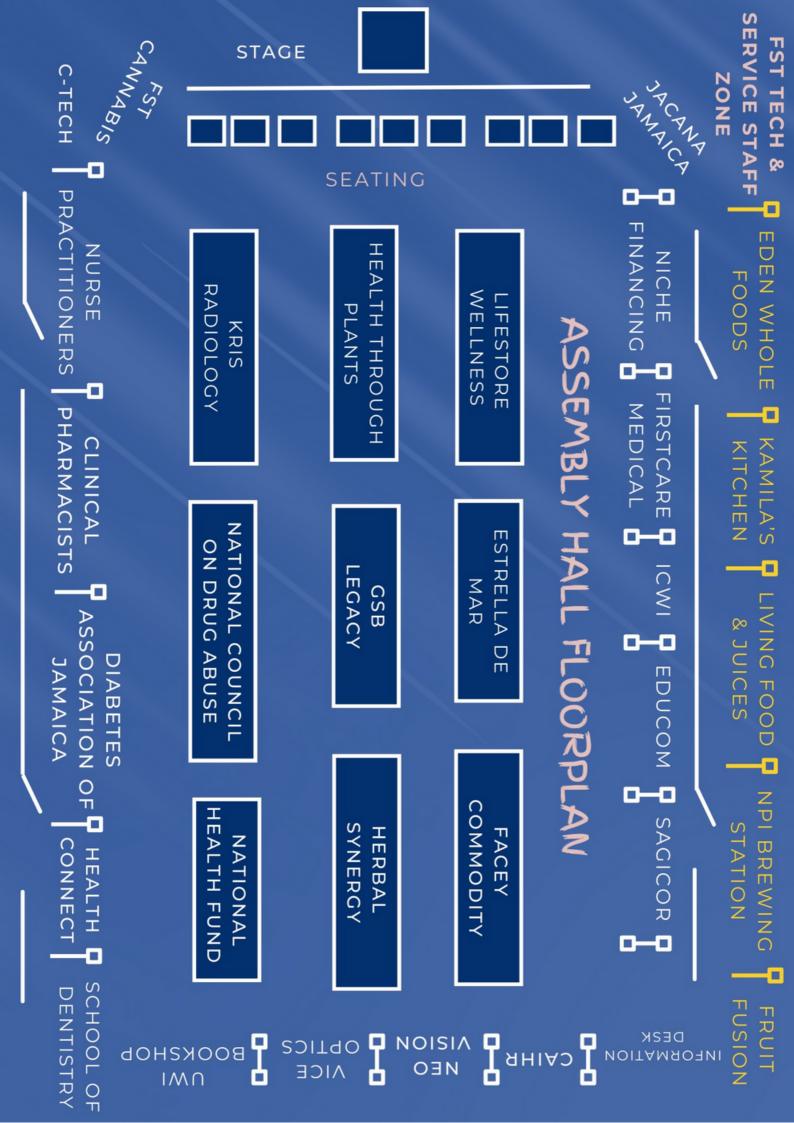
EXPO | 02

Rooted. Ready. Rising

EXPO DIRECTORY

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

EXPO | 03



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 other many treats. Gift certificates will also be on offer and the chance to win a gift basket courtesy of Facev 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.



ENTREPRENEUR | 05

HEALTH TALKS

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



ROOTED READY RISING

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



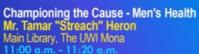


Health

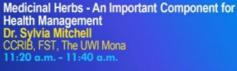
Wellness

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

Presentations







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.



https://www.mona.uwi.edu/fst

https://mona.uwi.edu/fms/

FST & FMS HEALTH AND WELLNESS EXPO

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

ASSEMBLY

HALL

ESTABLISH

A NEW

WELLNESS

ROUTINE

JAWARA `TRAINER WAWA'

FAIRWEATHER

FITNESS INSTRUCTOR:

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

FITNESS TRAINING

CHRISTMAS GREETNGS EROM

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