GOVERNMENT OF THE VIRGIN ISLANDS

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Ministry of Health to Host BVI Wellness Fest on November 7

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The Ministry of Health and Social Development continues to advocate for a healthier Virgin Islands with the hosting of the BVI Wellness Fest 2026.

The fest which will take place on Saturday, November 7 from 7:30 a.m. until 2:00 p.m. at the Queen Elizabeth II Park promises to bring residents together for an experience focused on healthier living, prevention and overall wellbeing.

The Wellness Fest will provide opportunities for residents to explore different aspects of wellness through physical activity, healthy eating, health screenings, education, mental wellbeing, community engagement and good old fashion fun.

Minister for Health and Social Development, Honourable Vincent Wheatley said the initiative encourages residents to think about their health before problems develop.

“Too often, we begin thinking seriously about our health when something goes wrong. Wellness asks us to think differently. It encourages us to make choices today that can help protect our health tomorrow,” Honourable Wheatley said.

Non-communicable diseases such as diabetes, hypertension, heart disease and some cancers continue to affect individuals and families throughout the Territory. While some risk factors cannot be changed, others can be reduced through healthier behaviours and early intervention.

The Minister said healthier living does not require people to change everything at once. “Wellness can begin with one small decision. It may be taking a walk after work, drinking more water, adding more fruits and vegetables to your meals, getting your blood pressure checked or simply making time to rest.”

BVI Wellness Fest forms part of the Ministry's ongoing BVI Moves initiative, which promotes healthier lifestyles and creates opportunities for residents to become more active participants in their health.

This is not a regular health fair, Mr. Wheatley promises. “We seek to create an interactive environment where residents can move, learn, connect, ask questions and discover practical approaches to wellness that fit their lives.”

Individuals, families, workplaces and community groups are encouraged to attend and participate in the activities. “Come as you are. Find something that works for you and take something home that can improve your health. Together, we can build a healthier Virgin Islands, one choice, one step and one person at a time,” Honourable Whealtey advocated.

The Ministry of Health and Social Development remains committed to protecting and promoting the health and social well-being of the people of the Virgin Islands through effective policies, sustainable programmes, and strategic partnerships that support a safe, healthy, and resilient society.

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