



Health & Wellness Forum
“**Living Well with Chronic Illnesses**”
Saturday 14th November 2009
Hospitality Suite, National Stadium
10.00 am – 2.00 pm

Program

- Welcome Remarks – Ms. Aarona Moses – Chairman
- Invocation – Ms. Gloria O’Neale
- Remarks by Pfizer Representative – Mr. Anthony Bryan
- Introduction of Minister of Health – Ms. Lisa Duncan
- Remarks – Minister of Health – Senator The Hon. Ann Peters
- **CHRONIC ILLNESS OVERVIEW** – Dr. Dolland Noel
 - What is Chronic Illness
 - Types of Chronic Illnesses
 - How they manifest themselves
- **PAIN MANAGEMENT – CHRONIC PAIN** – Dr Glenda Ventour

B R E A K

- **STRESS MANAGEMENT & RELAXATION** – Dr. Keisha Lowe
 - Dangers of Stress
 - Benefits of Relaxation Techniques
- **LIVING WITH A CHRONIC ILLNESS** – Ms. Shireen Wilkinson
- **CLOSING REMARKS** – Ms. Hazel Bierzynski