



HIKE FOR WELLNESS LOCATIONS AND DATES FOR 2019

- **Saturday March 16** Indian Ground Playing Field, St. Peter
- **Saturday April 20** Turners Hall Hill, St. Andrew
- **Saturday May 18** Portvale Factory, St. James
- **Saturday June 15** Lester Vaughn School, St. Thomas
- **Saturday July 20** Bathsheba Community Centre, St. Joseph
- **Saturday August 17** Bath Beach, St. John
- **Saturday September 21** Bulkeley Plantation, St. George
- **Saturday October 19** National Stadium, St. Michael
- **Saturday November 16** 'Squatters' pasture by Airport, Christ Church
- **Saturday December 21** Skeetes Bay, St. Phillip

* All hikes begin at 3:30 p.m. and are free of charge*



Facebook: **National Task Force on Wellness** or **moh.barbados**
Telephone Ministry of Health and Wellness at **536 3800** or **536 3868**
Instagram: **nationaltaskforceonwellness** or **mohbarbados**
Also find monthly details on **hikebarbados.com/healthandwellness**