

Celebrating Wellness Week

September 22nd – 28th, 2025

FREE

ENGAGE, EMPOWER, ELEVATE: Working together
to improve health and well-being for all

DANCING IN THE CITY

Tuesday, September 23, 2025

Location: Bermuda Marquee Sign on Front Street

Time: 5:30PM – 7:00PM

An evening of line dancing! **Wanda Maxwell** will lead fun, easy-to-follow moves for all ages and skill levels.

No registration required, just show up!



FAMILY FITNESS FUN

Wednesday, September 24, 2025

Location: Victoria Park • **Time:** 5:30PM – 7:30PM

Bring the whole family for **fun castles, refreshments and active experiences!** Enjoy fitness games, group exercises and activities designed for all ages.

No registration required, just show up!



CORPORATE FITNESS CHALLENGE

Thursday, September 25, 2025

Location: Barr's Bay Park • **Time:** 5:30PM – 7:30PM

Bring your coworkers and compete in group fitness activities with **Xtreme Games!** Build teamwork, reduce stress and strengthen workplace wellness.

Why Join?

- Promote Healthy Lifestyles
- Increase Community Engagement
- Improve Physical & Mental Well-being
- Utilize Public Spaces
- Encourage Lifelong Fitness Habits
- Raise Awareness of Health Initiatives

Scan the QR code to Register for the Corporate Fitness Challenge by September 19, 2025.



GOVERNMENT OF BERMUDA
Department of Health



www.gov.bm/wellnessweek2025

Call the Health Promotion Office for more information: 278-4900 • **Email:** healthpromotion@gov.bm

Follow us on Facebook & Instagram: [@departementofhealthbermuda](https://www.facebook.com/departementofhealthbermuda)  