



News Release

Virgin Islands Port Authority
Office of the Executive Director
Public Relations Department
P.O. Box 301707
St. Thomas, VI 00803-1707

Tel: (340) 774-1629
Tel: (340) 714-6640 / 714-6639
Fax: (340) 714-1492 / 774-0025
E-mail: info@viport.com
Internet: www.viport.com

For Immediate Release
June 4, 2015

Contact: Monifa Marrero Brathwaite
Public Information Officer

VI Government Employees and the Community Invited to Summer Wellness & Fitness Program Beginning June 9 at Crown Bay Center

Virgin Islands Port Authority Executive Director Carlton Dowe invites VI Government employees and the public to sign up for the new S.W.E.A.T. Program that will be hosted at the Crown Bay Center on St. Thomas from June 9 through September 30.

S.W.E.A.T is an acronym for Summer Wellness Education and Training. The program encompasses three exercise classes weekly, every Tuesday, Wednesday and Thursday, including Zumba®, Pilates and Toning and Socarobics - all conducted by experienced instructors. Classes will be held from 6 pm to 7 pm at the Crown Bay Center. Additionally, the S.W.E.A.T. Program will offer nutrition and cooking classes twice a month in conjunction with the University of the Virgin Islands' Cooperative Extension Service, and monthly health screenings and weigh-ins at the St. Thomas Dialysis Center, all conducted at the Crown Bay Center. Health care professionals will also be on hand once a month to provide information on various health and wellness topics. There is a one-time registration fee of \$50 or the option to pay \$5 per class.

(more)

The entire community is invited to participate, however, Director Dowe encourages VI government employees to take advantage of this program and the monthly assistance that will be provided in completing the Annual Health Risk Assessment which must be completed by September 14, 2015.

The Port Authority has sponsored health and fitness programs on St. Thomas and St. Croix, in partnership with other government and private agencies, in an attempt to encourage physical fitness, good nutritional habits and health awareness in the community. Dowe especially thanks the VI Government's Division of Personnel, the VI Government Employee Services Commission, Cigna Healthcare, The University of the Virgin Islands Cooperative Extension Service, and the St. Thomas Dialysis Center for partnering with the Port Authority to offer this program for all employees of the VI Government and the community.

For more information about the S.W.E.A.T. Program, contact the staff at the Crown Bay Center at (340) 774-2132 or by email at crownbay@viport.com.

###