



FOR IMMEDIATE RELEASE

CIBC Caribbean Champions Men's Health Awareness at Pembroke Hall High School

Kingston, Jamaica, November 20, 2024 – CIBC Caribbean hosted its inaugural Men's Health Champions Fair at the Pembroke Hall High School Auditorium November 19, 2024, celebrating International Men's Day by focusing on men's health and well-being.

The event engaged over 40 students, teachers, and distinguished guests under the theme Men's Health Champions, inspiring young men to take charge of their physical and mental health.

Nigel Holness, Managing Director of CIBC Caribbean, delivered an empowering address that resonated with the audience.

"We are deeply committed to fostering conversations and initiatives that empower our communities," said Mr. Holness. "To the students in attendance today, I encourage you to embrace this moment as a stepping stone for personal growth. Take what you've learned and use it to make informed decisions about your health and lifestyle. Physical tests, like the ones offered here, are not just routine procedures—they are vital tools to ensure that both your heart and mind remain sound."

The fair, which featured health screenings and interactive presentations, was made possible through partnerships with the Heart Foundation of Jamaica, Louis Grant Medical Centre (formally FISH Clinic), and Vital Cold Pressed Juices. Attendees accessed free heart health tests, eye screenings, and wellness products designed to promote holistic well-being.

Jerome Griffiths, Head of HR at CIBC Caribbean, served as Master of Ceremonies, seamlessly guiding the day's activities.

Key presentations provided critical insights into health and wellness, with Mr. Alonzo Mothersill, Emergency Cardiac Care Training Manager at the Heart Foundation, delivered an impactful session on Prevention of Cardiovascular Disease, emphasizing healthy living and the importance of routine checkups to prevent heart-related issues

Ms. Kimesha Francis, Associate Clinical Psychologist, explored the emotional, psychological, and social dimensions of mental health in her talk on Mental Health and Manhood. She encouraged students to challenge societal norms and embrace vulnerability as a strength.

During an interactive session with Ms. Francis, students expressed a reluctance to discuss mental health challenges, citing societal pressures to appear emotionally strong. She reassured them that seeking support and expressing emotions are courageous acts of self-care.

"Acknowledging emotions and seeking help when needed are powerful tools for building resilience and maintaining mental health," Ms. Francis said.

The event concluded with refreshments and continued conversations, leaving attendees inspired and better equipped to champion their health.

“Today is about empowerment,” said Mrs. Griffiths. “We hope attendees leave inspired to prioritize their health—both physical and mental—and to support each other in becoming true champions of positive change.”

Ends



Speaker Alono Mothersill, Emergency Cardiac Care Training Manager addressing students at CIBC Caribbean's Men's Health Champions Fair in celebration of International Men's Day at Pembroke Hall High School on Tuesday, November 19, 2024. Looking on are the bank's Managing Director, Nigel Holness and Head of Human Resources, Jerome Griffiths.



CIBC Caribbean's Managing Director, Nigel Holness addressing students at the bank's Men's Health Champions Fair in celebration of International Men's Day at Pembroke Hall High School on Tuesday, November 19, 2024



Students of Pembroke Hall High School getting financial advice at CIBC Caribbean's Men's Health Champions Fair in celebration of International Men's Day at the school on Tuesday, November 19, 2024

CIBC Caribbean

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