



For Immediate Release

CIBC Caribbean Highlights Men's Health and Wellness at Saddler's Secondary School

Basseterre, St. Kitts, November 19, 2024 – In observance of International Men's Day, CIBC Caribbean visited the Saddler's Secondary School to engage students in a thought-provoking session about men's health and wellness.

The session, led by Mr. Walter Blanchard, Corporate Credit Officer at CIBC Caribbean, emphasized the importance of promoting positive male role models and raising awareness about health challenges faced by men, including mental health and non-communicable diseases (NCDs).

During his speech, Mr. Blanchard highlighted alarming statistics, including that NCDs account for 60% of deaths in St. Kitts, and that 30% of men in the nation are affected by obesity. He encouraged students to adopt healthier lifestyles, emphasizing the importance of balanced diets, regular physical activity, and mental health awareness.

Practical solutions were shared, such as promoting school gardens to encourage healthier eating habits and engaging in community initiatives to foster wellness. Mr. Blanchard also urged students to become "Health Champions," taking active roles in their own health and inspiring those around them.

The event concluded with the distribution of gifts to the students as a token of appreciation for their participation.



CIBC Caribbean

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