



**THE DIABETES AND HYPERTENSION
ASSOCIATION OF BARBADOS**
Support • Education • Advocacy • Screening



Republic Bank
**Power to make a
Difference**



LIVE
STRONGER, LONGER
DHAB • REPUBLIC BANK
BLUE WELLNESS CONFERENCE

18-19 MAY 2026
The Graduation Tents, UWI Cave Hill Campus

PROGRAMME

Live

STRONGER, LONGER
DHAB · REPUBLIC BANK
BLUE WELLNESS CONFERENCE

**Your Life is about
to change colour.**

**Blue Life,
Blue Health,
Blue Living.**



WELCOME AND OPENING REMARKS



Tyrone Lowe
President
Diabetes and Hypertension Association

It is an absolute honor to welcome you to what was envisioned as the flagship event of the 50th anniversary of the Diabetes and Hypertension Association of Barbados.

On April 30, 1975, the Association—then known as the Diabetic Association—was founded by individuals who recognized that people living with diabetes needed more than information; they needed guidance, support, and care. We remain deeply grateful to those pioneers who laid the foundation for this work.

Today, as we enter our 51st year, we do so with renewed urgency in the fight against diabetes and hypertension. We are determined to push back against these epidemics—not only through medical care, but through a collective commitment to healthier living. Healthy choices must become easier, more accessible, affordable, and sustainable for everyone. That means improving how we eat, move, rest, manage stress, and support one another.

This conference reflects that vision. It represents a bold step beyond our traditional approach and demonstrates DHAB's commitment to innovation, partnership, and action. It has brought together new and longstanding supporters, strengthened relationships across sectors, and inspired a remarkable group of skilled volunteers to join the fight against non-communicable diseases.

Importantly, this conference also signals a new chapter for DHAB services. We have already expanded support for our members through access to pharmaceutical care, medical guidance, fitness support, and nutrition expertise—all aimed at delivering internationally recognized standards of lifestyle and chronic disease care.

I encourage you to fully engage in every session. Visit the Blue Wellness Village and explore the many tools, services, and experiences designed to support healthier living. Most importantly, take in the message from Blue Zones ambassador Nick Buettner, whose insights remind us that longevity and wellness are shaped not only by medicine, but by environment, culture, and daily choices.

Welcome, and thank you for being part of this important movement.

Tyrone Lowe
President, DHAB



The Power of Partnership: The Promise of Wellness



Sharon Zepherin

General Manager

Retail and Operations, Republic Bank Barbados

Republic Bank Barbados continues to lead from the front in the fight against diabetes, hypertension, and lifestyle-related diseases. As Title Sponsor of the Live Stronger Longer DHAB Republic Bank Blue Wellness Conference, the Bank is investing not only in an event, but in the future health and well-being of Barbados.

Through its Power to Make a Difference initiative, Republic Bank has consistently demonstrated its commitment to changing lives and strengthening communities across Barbados. Its support for health, education, youth development, and social empowerment reflects a deep understanding that national progress begins with healthier, stronger people.

At a time when non-communicable diseases continue to impact families, workplaces, and communities across the island, Republic Bank recognizes that meaningful change requires action, partnership, and education. Through this conference and the free Blue Wellness Village, the Bank is helping to create spaces where Barbadians can access practical tools, expert guidance, health screenings, and inspiration to live healthier lives.

Together with DHAB and its partners, Republic Bank Barbados is proud to stand at the forefront of a growing movement—encouraging Barbadians to know their numbers, make healthier choices, and live stronger, longer.



 Republic Bank

Power to make a
Difference

Message from the Chair

“The Urgency of Now”



Fern Lewis
Conference Chair

The numbers are rising. 1 in 4 adults in Barbados is living with diabetes and 40% are battling hypertension.

But what if we changed the script?

What if each of us chose to live stronger, longer- not only for ourselves, but for the people we love who hope to grow old with us?

What if each of us chose to live stronger, longer - not only for ourselves, but for those we love and hope to grow old with? The truth is, we are not starting from zero. We already have what we need to begin. Small, consistent choices- made daily- can change the course of our lives.

Yet many of us know what to do and still struggle to follow through. In a world shaped by stress, convenience, culture, and habit, healthier living does not always come easily.

So how do we make the healthier choice the easy choice? This conference answers that question where it matters most- through how we live each day.

And just beyond these sessions, the Blue Wellness Village brings this experience to life. Here, you can know your numbers, taste better choices, move your body, find stillness, and access expert care- all in one place. We encourage you to explore each zone, engage fully, and take one meaningful step toward the life you deserve.

We are facing a wily and determined enemy. NCDs will not go quietly into the night.

We must turn the tide against diabetes and hypertension by choosing health over convenience and function over flavor.

Over the next two days, you will not just learn- you will experience what it means to live stronger, longer and happier.

This is your moment to live. Let's begin!



Why this Conference is So Important

The Live Stronger Longer DHAB Republic Bank Blue Wellness Conference comes at a defining moment for Barbados. Across the island, diabetes, hypertension, obesity, stress, and other non-communicable diseases are rising at an alarming rate. Yet while we often speak about personal responsibility, the truth is that health is deeply shaped by the environments and cultures we create around us.

Knowledge alone is not enough.

Science may say reduce sugar, move more, sleep better, and manage stress. But culture often whispers something different:

“One more sweetbread won’t hurt.”

“Start exercising next week.”

“You’re too young to worry about that.”

Over time, these small cultural habits become normalized, and the consequences become national.

This conference is important because it challenges us to rethink not only what we know, but how we live. Inspired by the principles of the Blue Zones - the world’s longest-living communities - the conference explores how healthier choices become easier when they are supported by our homes, workplaces, communities, policies, food environments, and social traditions.

How do we curate a culture where movement is natural, healthier food is accessible, rest is valued, and community support replaces isolation?

How do we design environments that make healthy living feel normal rather than difficult?

These are the conversations that matter.

Hosted by the Diabetes and Hypertension Association of Barbados (DHAB), in partnership with the Republic Bank Barbados and the Ministry of Health and Wellness the conference brings together science, lifestyle, culture, and practical action. Through keynote sessions, immersive wellness experiences, and the Blue Wellness Village, delegates will experience tools, ideas, and strategies that can help transform everyday living.

Most importantly, this conference is about hope. It reminds us that Barbados does not have to accept declining health as inevitable. By reshaping our culture and environment we can build a future where people live stronger, healthier, and longer lives.



Live

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DAY ONE
MONDAY, MAY 18th, 2026

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7:00 a.m. Registration

7:30 a.m. BREAKFAST

8:00 a.m. Musical Interlude – Mr. Andre Forde, Steel Pannist

8:30 a.m. National Anthem

8:33 a.m. Welcome – Mrs. Sharleen Browne-Jones, MC

8:38 a.m. Prayer – Rev. Richard Alleyne, 1st Vice President, DHAB

8:42 a.m. **Welcome Remarks** – Mr. Tyrone Lowe, President, DHAB

8:48 a.m. **Title Sponsor Remarks** – Ms. Sharon Zephirin, General Manager, Retail and Operations, Republic Bank Barbados

8:54 a.m. Musical Medley – Mr. Zukeli Inniss

9:00 a.m. **Keynote Address** – Minister Davidson Ishmael, M.P., Minister of State in the Ministry of Health and Wellness

9:21 a.m. **Remarks** – His Excellency Lieutenant Colonel The Most Honourable Jeffrey D. Bostic, F.B., M.V.O., President of Barbados

9:32 a.m. **Vote of Thanks** – Ms. Fern Lewis, Conference Chair

9:37 a.m. WELLNESS BREAK

9:45 a.m. **Pillar #1 – Blue Print for Life: The Cure Is in the Cause**
Presenter: Dr. Lynda Williams, President, Barbados Association of Medical Practitioners

10:15 a.m. Q&A moderated by Dr. Andrew Dhanoo, President, Diabetes Association of Trinidad and Tobago

DAY ONE CONT'D: MONDAY, MAY 18th, 2026

10:34 a.m. **Fireside Chat – Pillar #2: Cordon Bleu – You Are What You Eat**
Presenters: Ms. Keeley Holder & Dr. Sharlon Lewis

11:24 a.m. Q&A

11:39 a.m. WELLNESS BREAK

11:56 a.m. **Pillar #3 – Midnight Blue: While You Were Sleeping**
Presenter: Professor Timothy Roach

12:26 p.m. Q&A

12:45 p.m. **Pillar #4 – Blue Ribbon: Fitness First**
Presenters: Ms. Marita Marshall & Dr. Vicki Estwick

1:35 p.m. Q&A

1:50 p.m. WELLNESS BREAK & LUNCH

2:56 p.m. **Interactive Workshop – Blue Circle Discussion: Diabetes and Sexual Health**
Presenters: Dr. Carlisle Goddard & Dr. Martina Toby

3:46 p.m. Q&A

4:01 p.m. WELLNESS BREAK

4:23 p.m. **Plenary Session & Evaluation**
Facilitators: Dr. Andrew Dhanoo, Moderator & Dr. Beverley Barnett, Rapporteur

END OF DAY ONE

4:00 p.m. - 8:00 p.m. - Visit the Blue Wellness Village

Blue Zones and the Future of Health in Barbados

Across Barbados, more families are being affected by diabetes, hypertension, stress, and chronic disease. Behind the statistics are real people whose lives are shaped daily by habits, pressure, environment, and lifestyle choices. This growing crisis is why the Blue Zones philosophy is so important to the mission of the Diabetes and Hypertension Association of Barbados (DHAB) and the Live Stronger Longer DHAB Republic Bank Blue Wellness Conference.

Blue Zones are regions of the world where people consistently live longer, healthier lives. Communities such as Okinawa, Sardinia, and Loma Linda show that longevity is not driven by extreme diets or expensive treatments, but by environments that naturally encourage movement, healthier eating, strong relationships, lower stress, and a sense of purpose.

At this conference, you are invited to experience healthier living in action. Hear insights from Nick Buettner - Co-founder of the Blue Zones and explore the free Blue Wellness Village, where practical tools for nutrition, movement, screenings, stress reduction, and everyday wellness come to life.

The message is simple but urgent: small, consistent lifestyle changes can help Barbados live stronger, healthier, and longer.



**YOUR NUMBERS
ARE TALKING!**
**ARE YOU
LISTENING?**

Blood Sugar • Blood Pressure • Cholesterol

**KNOW YOUR NUMBERS
CHANGE YOUR NUMBERS**



Take in the Blue Wellness Village

What if one place could change how you live? Well enter the Blue Wellness Village - an immersive wellness experience inspired by one powerful idea from the world's Blue Zones: healthy living becomes easier when the environment around us supports better choices.

At the Live Stronger Longer DHAB Republic Bank Blue Wellness Conference, the Blue Wellness Village transforms this philosophy into a vibrant, interactive experience for Barbados.

The Village is designed to show how everyday spaces, habits, food, movement, relationships, and routines can quietly shape healthier lives.

Journey through specially curated wellness zones including The Numbers, where screenings help you understand your health; The Table, where healthier food choices are made delicious and accessible; The Movement, which makes physical activity fun and achievable; and The Stillness, a calming space focused on stress recovery and mental wellness.

Explore The Care for expert guidance, The Science for eye-opening insights into the foods we eat, and The Life, which highlights practical tools for sustainable healthy living.

The Blue Wellness Village is a living demonstration of how Barbados can begin designing environments that help people live stronger, healthier, and longer lives.

Don't miss this unique and life changing experience.





Live

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DAY TWO
TUESDAY, MAY 19th, 2026

DAY TWO: TUESDAY, MAY 19th, 2026

7:00 a.m. Registration

7:30 a.m. BREAKFAST

8:00 a.m. Musical Interlude – Mr. Andre Forde, Steel Pannist

8:30 a.m. Welcome – Mrs. Sharleen Browne-Jones, MC

8:34 a.m. Prayer – Rev. Richard Alleyne

8:38 a.m. **Welcome Remarks** – Ms. Angelika Ramdar, Regional Chair, North America and Caribbean, International Diabetes Federation

8:44 a.m. Recorded Greetings from Professor Peter Schwarz, President, International Diabetes Foundation

8:50 a.m. **Title Sponsor Remarks** – Ms. Mischa Knight, Manager, Marketing & Corporate Communication, Republic Bank Barbados

8:52 a.m. WELLNESS BREAK

9:03 a.m. **Pillar #5 – True Blue: Making It Stick**
Presenter: Cecelia Neblett-Brathwaite

9:33 a.m. Q&A moderated by Mr. Anthony Harris

9:50 a.m. **Keynote Address – Blueprint for Life: Live Stronger, Longer**
Speaker: Nick Buettner, Co-Founder & Explorer, Blue Zones

10:50 a.m. Q&A

11:20 a.m. WELLNESS BREAK

11:37 a.m. **Pillar #6 – Black and Blue: Beat Back Diabetes**
Presenter: Dr. Diane Brathwaite

DAY TWO CONT'D: TUESDAY, MAY 19th, 2026

12:07 p.m. Q&A

12:22 p.m. **Pillar #7 – The Power of Blue: How Food Choices and Finances Impact our Health**
Presenter: Dr. Carlene Radix

12:51 p.m. Q&A

1:06 a.m. WELLNESS BREAK & LUNCH

2:10 p.m. **Interactive Workshop – A Bolt from the Blue: Can You Trust Your Gut?**
Presenter: Dr. Janelle Chase-Mayers

3:00 p.m. Q&A

3:19 p.m. **Fireside Chat – No Sweet Talk: Food Really Can Be Your Medicine**
Presenters: Dr. Damian Cohall & Dr. Sonia Peter

4:09 p.m. Q&A

4:24 p.m. WELLNESS BREAK

4:41 p.m. **Plenary Session & Evaluation**
Facilitators: Mr. Anthony Harris & Dr. Beverley Barnett

5:11 p.m. Dance Presentation by Dancin' Africa

5:17 p.m. Closing Remarks – Mr. Tyrone Lowe

5:32 p.m. Vote of Thanks – Ms. Fern Lewis

END OF CONFERENCE

4:00 p.m. - 8:00 p.m. - Visit the Blue Wellness Village

SPEAKERS



Nick Buettner
Special International Guest
Blueprint for Life:
Live Stronger, Longer



Dr. Martina Toby
Diabetes and Sexual Health



Ms. Marita Marshall
Blue Ribbon: Fitness First



Dr. Janelle Chase-Mayers
A Bolt From The Blue:
Can You Trust Your Gut?



Cecelia Neblett-Brathwaite
True Blue: Making It Stick



Professor Timothy Roach
Midnight Blue: While You
Were Sleeping



Dr. Damian Cohall
No Sweet Talk:
Food Really Can Be Your
Medicine



Dr. Sharlon Lewis
Cordon Bleu:
You Are What You Eat



Dr. Diane Brathwaite
Black and Blue:
Beat Back Diabetes

SPEAKERS



Dr. Carlene Radix
The Power of Blue:
How Food Choices and
Finances Impact Our Health



Dr. Vicki Estwick
Blue Ribbon: Fitness First



Dr. Lynda Williams
Blue Print For Life: The Cure
Is In the Cause



Dr. Carlisle Goddard
Diabetes and Sexual Health



Dr. Sonia Peter
No Sweet Talk:
Food Really Can Be Your
Medicine



Keeley Holder
Cordon Bleu:
You Are What You Eat

Meet the Sponsors

CHAMPIONS OF WELLNESS

The fight against diabetes, hypertension, obesity, and lifestyle-related diseases is not always the most visible cause. In a world where support often flows more easily toward entertainment and popular events, our sponsors and partners chose instead to invest in something deeper — healthier lives, stronger families, and a better future for Barbados.

Their support of the Live Stronger Longer DHAB Republic Bank Blue Wellness Conference reflects more than corporate sponsorship. It reflects compassion, leadership, and a genuine commitment to the well-being of our people.

Champions are not simply those who support what is popular. Champions are those who step forward because it is the right thing to do.

By standing with this movement, our sponsors have helped create opportunities for education, screening, prevention, lifestyle transformation, and hope. They have chosen to be part of a national effort to inspire healthier living and empower people to take control of their health and future.

To every sponsor, partner, and supporter — thank you for believing in this mission and for helping Barbados move toward a healthier tomorrow.

We proudly salute our Champions of Wellness!



KORENA DARNELLE



lexstudios



Conference Committee

Tyrone Lowe

Fern Lewis

Donna Hunte-Cox

Michelle Straughn

Janelle Bryan

Corena Carrington

Donna Barker

Terry Vanderpool-Fox

Kemielle Lashley

Nailah Clarke

Darren Watson



Live

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Are you ready to make a
significant impact by
helping each other to
live stronger, longer...
Together!



Live

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