

2026 GVI ANNUAL HEALTH AND WELLNESS EXPO

July 30, 2026 - UVI Sports and Fitness Center, St. Thomas

Reset and Rise: Reclaim, Rejuvenate, and Restore Your Health

This year's theme reflects our continued commitment to promoting healthier lifestyles and providing employees and their families with access to wellness resources, preventive health screenings, educational information, and support services.

PROGRAM SCHEDULE	
8:00 AM – 1:30 PM	Lobby Registration and/or Check-In
9:00 AM – 9:30 AM	Gym – Main Floor Welcome and Opening Remarks - Rashidi Clenace, Master of Ceremonies - Valerie Daley, Chief Group Health Insurance and Wellness - Cindy Richardson, Director, Division of Personnel - Beverly Joseph, Chairwoman, GESC Board - Honorable, Tregenza A. Roach, Esq., Lieutenant Governor of the Virgin Islands
9:30 AM – 9:45 AM	Gym – Main Floor Overview of the Day's Activities Nakisha Young, Associate Chief Group Health Insurance and Wellness
9:30 AM – 3:00 PM	Onsite Health Screening and Exhibits - Cigna Biometric Screening Gym – Left of Stage (<i>last appointment 2:45 p.m.</i>) - Department of Health - Communicable Disease Screening Van Outside Fitness Center
RAFFLE/GIVEAWAY	
10:00 AM – 11:00 AM	Gym – Main Floor SESSION A: Panel Discussion Reclaiming Your Health - Empowerment Through Knowledge and Care Panelists: Dr. Adam Douglas, Wilson Healthcare Consultants, LLC - Adam Douglas, MD completed his family medicine residency with Rutgers in New Jersey in 2019 when he won resident of the year. Since then, he has held many different roles as a physician. Dr. Douglas emphasizes empathy and strict continuity as cornerstones in the care he provides. In his spare time, he enjoys going to the beach with his wife Alyssa. Dr. Tygue Arvidson, Chiropractic Connection - Dr. Arvidson graduated with highest honors from both the Life University College of Chiropractic for his doctorate, and Siena Heights University for his bachelor's degree. Dr. Arvidson is a Doctor of Chiropractic and entrepreneur with over a decade of experience in health, fitness, and clinical practice. He has dedicated his career to finding a natural path Dr. Nikole Czapp, V.I. Center for Integrative Medicine - Dr. Nikole Czapp is a double-board certified physician specializing in Family and Obesity Medicine. She earned her medical degree from the American University of the Caribbean School of Medicine in St. Maarten and completed her residency at Drexel University College of Medicine Tower Health in Philadelphia. Dale and Yvette Browne, Sejah Farm of the Virgin Islands - Dale Browne and Yvette C. Browne are the co-owners of Sejah Farm of the Virgin Islands, a family-owned agricultural enterprise established in 1998. Through Sejah Farm and their leadership across multiple agricultural organizations, they remain committed to creating long-term opportunities for farmers, strengthening local food access, and building a healthier and more food-secure future for the U.S. Virgin Islands.
RAFFLE/GIVEAWAY	

10:00 AM - 10:30 AM	BREAKOUT SESSIONS RM 211* (upstairs) Session B: Men's Health - Prevention, Care and Wellness Nikia Grant, Physician Assistant, V.I. Urologic Center Grant is a nationally certified Physician Associate specializing in Urology at the V.I. Urologic Center. She completed her Bachelor of Science Degree in Biology with a concentration in Pre-Medicine at the University of Hartford in Hartford, Connecticut and then earned a master's in physician assistant studies at Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania.
10:00 AM - 10:30 AM	RM 210* (upstairs) Session C: Step into Wellness - The Importance of Staying Active Dr. Jennifer Nyberg, and Craig Draper, Outreach Director, Paradise Chiropractic and Wellness Center - Dr. Jennifer Nyberg is a chiropractic physician at Paradise Chiropractic & Wellness Center, where she is dedicated to helping individuals and families achieve optimal health through natural, patient-centered care. With a strong foundation in chiropractic medicine and a passion for preventative wellness, Dr. Jenn focuses on improving movement, reducing pain, and helping patients build healthier lifestyles that support long-term vitality. - Craig Draper serves as Outreach Director of Paradise Chiropractic & Wellness Center, overseeing community outreach, patient education, wellness initiatives, and strategic growth efforts throughout the U.S. Virgin Islands. <i>*(Maximum capacity for each room is 50.)</i>
RAFFLE/GIVEAWAY	
11:00 AM - 11:30 AM	Gym – Main Floor Session D: Motion Is Medicine Courtney Minor, Physical Therapy Assistant, Synergy Fitness & Wellness Center Courtney Minor is an experienced Physical Therapist Assistant of 20 years. Since graduating from the Physical Therapist Assistant program at Penn Valley Community College in Kansas City, MO in 2006 she has excelled in assisting clients in a variety of settings from the highly acute to those preparing to return home from inpatient rehabilitation, and her most unique clientele, future PTAs.
11:00 AM - 11:30 AM	RM 211* Session E: Nutrition for Energy, Balance, and Wellness (Max. room capacity is 50.) Chef Kerish Robles, Culinary Arts Program Manager, UVI CELL Chef Kerish Robles is a seasoned professional with over 17 years of experience in the culinary arts. She was born and raised on St. Thomas and graduated from the International Culinary Institute at the Art Institute of Atlanta with a degree in Culinary Management. Chef Robles is committed to furthering the skills of residents and understanding the importance of career and technical education in the territory. <i>*(Maximum room capacity is 50.)</i>
11:30 AM - 4:00 PM	Training Room (downstairs) FARMERS' MARKET OPENS FOR ACTIVE EMPLOYEES ONLY Active Employees must have three (3) stamps in their Expo passport, to receive produce bags.
11:30 AM - 4:00 PM	Press Room (gym entrance) UNITEDHEALTH CARE PRODUCE DISTRIBUTION FOR RETIREES 65+ <i>Produce bags are distributed on a first-come, first-served basis to retirees over 65 on the UHC plan.</i>
11:40 AM - 12:10 PM	Gym – Main Floor Session F: Beat Hypertension - Prevention, Awareness, and Action Dr. Jessica A. Wilson, Wilson Healthcare Consultants, LLC Dr. Jessica A. Wilson, MD works at Schneider Regional Medical Center as a Pediatrics hospitalist. In this role, she also serves as a co-chair for Performance Improvement at the hospital. Dr. Wilson is the practitioner at Wilson Healthcare Consultants where she strives for excellence in patient care by providing patient education and advocacy for her patients.
RAFFLE/GIVEAWAY	
BREAK	

1:00 PM – 1:45 PM	Gym – Main Floor SESSION A: Panel Discussion: Reclaiming Your Health - Empowerment Through Knowledge and Care Panelists: Dr. Adam Douglas, Wilson Healthcare Consultants, LLC - Adam Douglas, MD completed his family medicine residency with Rutgers in New Jersey in 2019 when he won resident of the year. Since then, he has held many different roles as a physician. Dr. Douglas emphasizes empathy and strict continuity as cornerstones in the care he provides. In his spare time, he enjoys going to the beach with his wife Alyssa. Dr. Tygue Arvidson, Chiropractic Connection - Dr. Arvidson graduated with highest honors from both the Life University College of Chiropractic for his doctorate, and Siena Heights University for his bachelor's degree. Dr. Arvidson is a Doctor of Chiropractic and entrepreneur with over a decade of experience in health, fitness, and clinical practice. He has dedicated his career to finding a natural path Dr. Derron G. Ambrose, Licensed Psychologist - Dr. Ambrose is a licensed clinical psychologist in the U.S. Virgin Islands and also in Washington State. Currently, he works in private practice as well as in civil service. Dr. Ambrose's areas of expertise are severe and persistent mental illness (such as Schizophrenia), depression, anxiety; men and masculinity; and diversity, equity, inclusion and accessibility Dale and Yvette Browne, Sejah Farm of the Virgin Islands - Dale Browne and Yvette C. Browne are the co-owners of Sejah Farm of the Virgin Islands, a family-owned agricultural enterprise established in 1998. Through Sejah Farm and their leadership across multiple agricultural organizations, they remain committed to creating long-term opportunities for farmers, strengthening local food access, and building a healthier and more food-secure future for the U.S. Virgin Islands.
2:00 PM - 2:30 PM	RM 210* (upstairs) Session B: <i>Weight to Wellness: A Journey Beyond Obesity</i> Dr. Nikole Czapp, V.I. Center for Integrative Medicine Dr. Nikole Czapp is a double-board certified physician specializing in Family and Obesity Medicine. She earned her medical degree from the American University of the Caribbean School of Medicine in St. Maarten and completed her residency at Drexel University College of Medicine Tower Health in Philadelphia. <i>*(Maximum room capacity is 50.)</i>
BREAK	
2:45 PM – 3:10 PM	RM 211* (upstairs) Session C: <i>Stay in Control: Managing Diabetes for a Healthier Life</i> Dr. Nikole Czapp, V.I. Center for Integrative Medicine Dr. Nikole Czapp is a double-board certified physician specializing in Family and Obesity Medicine. She earned her medical degree from the American University of the Caribbean School of Medicine in St. Maarten and completed her residency at Drexel University College of Medicine Tower Health in Philadelphia. <i>*(Maximum room capacity is 50.)</i>
3:15 PM – 3:30 PM	Gym – Main Floor Recap/Wellness Encouragement - Rashidi Clenace, MC and Nakisha Young, Ass. Chief Group Health Insurance and Wellness Final Raffle/Closing Remarks - Valerie Daley, Chief Group Health Insurance and Wellness Let's Move Fitness Session - Bernard Douglas, Be Active Daily (BAD) Fitness Expo and Farmers' Market Closes
3:30 PM – 4:00 PM	