

2026 GVI ANNUAL HEALTH AND WELLNESS EXPO

July 24, 2026 - Caribbean Cinemas, St. Croix

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 - Until	Lobby Registration and/or Check-In
9:00 AM - 9:30 AM	Screen 1 Welcome and Opening Remarks <i>(Maximum room capacity is 257.)</i> - Rashidi Clenance, Master of Ceremony - 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	Screen 1 Overview of the Day's Activities Nakisha Young, Associate Chief Group Health Insurance and Wellness
9:30 AM - 4:00 PM	Onsite Health Screening and Exhibits - Cigna Biometric Screening Party Room <i>(last appointment at 2:45 p.m.)</i> - Frederiksted Healthcare, Inc. Communicable Diseases Screening Outside Theater - Department of Health, Communicable Diseases Screening Outside Theater - UnitedHealthcare Produce Distribution Retirees Only Outside Theater - Parking Lot
BREAK	
10:00 AM - 11:00 AM	Screen 1 Session A: Panel Discussion <i>(Maximum room capacity is 257.)</i> Reclaiming Your Health - Empowerment Through Knowledge and Care Panelists: Dr. John C. Perez, ProHealth Urgent Care - Dr. Perez has 30 years of practice in St. Croix, VI. He served as Medical Director and Chief. Currently, Dr. Perez is the Medical Director at ProHealth Urgent Care an affiliate of Baptist Health International. Dr. Alicia Churaman, AAA Chiro & Rehab Services, LLC - Dr. Churaman attended University of the West Indies and completed her Bachelor of Science in the field of Agriculture. Later earning a master's degree in business administration at UVI. After working at the Rehabilitation Center at Beeston Hill she started her own business, AAA Chiro & Rehab Services, LLC. Margaretta R. D. Brown, Pharmacist, The APOTHEEK Pharmacy - Born and raised on the island of St. Croix by St. Lucian parents, Margaretta Brown, attended Massachusetts College of Pharmacy and Allied Health Sciences in Boston Massachusetts. Ms. Brown is currently a licensed pharmacist at the APOTHEEK Pharmacy. Dr. Carmen Cintron, Osteopathic Medicine & Holistic Wellness - Dr. Carmen Cintron is an internist, has been in practice for more than 20 years. Dr. Cintron earned her DO (Doctor of Osteopathic Medicine) at NYIT College of Osteopathic Medicine. She has expertise in treating knee injury, hypertension & high blood pressure, rotator cuff injury, among other conditions. 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.

10:30 AM - 11:00 AM	BREAKOUT SESSIONS Screen 5* Session B: Men's Health - Prevention, Care and Wellness Dr. Raymond Cintron, Islands Gastroenterology & St. Croix Islands Gastroenterology, Juan F. Luis Hospital & Medical Center Dr. Cintron has more than 36 years of diverse medical experience. He graduated with honors from Universidad Central Del Caribe, School of Medicine and attended Centro Médico in Puerto Rico and Gastroenterology and Liver Diseases training in internal medicine.
10:30 AM - 11:00 AM	Screen 6* Session C: Step into Wellness: The Importance of Staying Active Dr. Jennifer Nyberg, DC, & 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 Territory. <i>*(Maximum capacity for each room is 150.)</i>
10:50 AM - 11:00 AM	Game Room Morning Raffle
11:00 AM - 11:30 AM	Screen 5* Session D: Nutrition for Energy, Balance, and Wellness Dr. Cleopatra Peter Family Wellness and Health Center Dr. Cleopatra Peter is a Doctor of Chiropractic Medicine specializing in Neuromuscular Dysfunction and Vertebral Subluxation. With more than a decade of experience as a Chiropractor and over 20 years as a Licensed Massage Therapist, she has dedicated her professional life to helping individuals restore balance, recover from injury, and achieve optimal health and wellness.
11:00 AM - 11:30 AM	Screen 6* Session E: Beat Hypertension: Prevention, Awareness, and Action Dr. Carmen Cintron, Osteopathic Medicine & Holistic Wellness Dr. Carmen Cintron is an internist, has been in practice for more than 20 years. Dr. Cintron earned her DO (Doctor of Osteopathic Medicine) at NYIT College of Osteopathic Medicine. She has expertise in treating knee injury, hypertension & high blood pressure, rotator cuff injury, among other conditions. <i>*(Maximum capacity for each room is 150.)</i>
11:30 AM - 12:00 PM	Screen 1 Session F: Women's Health: Prevention and Early Detection <i>(Maximum room capacity is 257.)</i> Dr. Carmen Cintron, Osteopathic Medicine and Holistic Wellness Dr. Carmen Cintron is an internist, has been in practice for more than 20 years. Dr. Cintron earned her DO (Doctor of Osteopathic Medicine) at NYIT College of Osteopathic Medicine. She has expertise in treating knee injury, hypertension & high blood pressure, rotator cuff injury, among other conditions.
11:30 AM - 4:00 PM	Outside Theater FARMERS' MARKET OPENS FOR ACTIVE EMPLOYEES AND RETIREES ONLY Active Employees and retirees must have three (3) stamps in their Expo passport, to receive produce bags.
11:30 AM - 12:00 PM	Game Room MID-DAY RAFFLE: Fitness Wheel Game Challenge
BREAK	

1:00 PM – 2:00 PM	Screen 1 Session A: Panel Discussion <i>(Maximum room capacity is 257.)</i> Reclaiming Your Health - Empowerment Through Knowledge and Care Panelists: Dr. John C. Perez, ProHealth Urgent Care - Dr. Perez has 30 years of practice in St. Croix, VI. He served as Medical Director and Chief. Currently, Dr. Perez is the Medical Director at ProHealth Urgent Care an affiliate of Baptist Health International. Dr. Alicia Churaman, AAA Chiro & Rehab Services, LLC - Dr. Churaman attended University of the West Indies and completed her Bachelor of Science in the field of Agriculture. Later earning a master's degree in business administration at UVI. After working at the Rehabilitation Center at Beeston Hill she started her own business, AAA Chiro & Rehab Services, LLC. Margaretta R. D. Brown, Pharmacist, The APOTHEEK Pharmacy - Born and raised on the island of St. Croix by St. Lucian parents, Margaretta Brown, attended Massachusetts College of Pharmacy and Allied Health Sciences in Boston Massachusetts. Ms. Brown is currently a licensed pharmacist at the APOTHEEK Pharmacy. Dr. Carmen Cintron, Osteopathic Medicine & Holistic Wellness - Dr. Carmen Cintron is an internist, has been in practice for more than 20 years. Dr. Cintron earned her DO (Doctor of Osteopathic Medicine) at NYIT College of Osteopathic Medicine. She has expertise in treating knee injury, hypertension & high blood pressure, rotator cuff injury, among other conditions. 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.
1:30 PM - 2:00 PM	BREAKOUT SESSIONS Screen 5* Session B: Weight to Wellness: A Journey Beyond Obesity 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 for Paradise Chiropractic & Wellness Center, overseeing community outreach, patient education, wellness initiatives, and strategic growth efforts throughout the U.S. Virgin Islands.
1:30 PM - 2:00 PM	Screen 6* Session C: Stay in Control: Managing Diabetes for a Healthier Life Dr. Anthony Gurciullo, DC Dr. Anthony Gurciullo, DC, is a highly experienced chiropractor and the Clinic Director of Beeston Hill Health and Wellness in St. Croix, U.S. Virgin Islands. Today, he leads the largest integrated chiropractic and physical therapy center in the territory, where he provides comprehensive care, corporate wellness programs, and spinal screenings to help the St. Croix community improve posture and restore long-term mobility. <i>*(Maximum capacity for each room is 150.)</i>
BREAK	
2:30 PM - 3:00 PM	Screen 1 Event Recap - Rashidi Clenace, MC <i>(Maximum room capacity is 257.)</i> - Wellness Encouragement: Nakisha Young, Associate Chief Group Health Insurance and Wellness - Final Raffle/Closing Remarks: Valerie Daley, Chief Group Health Insurance and Wellness
3:00 PM - 3:30 PM	Parking Lot Fitness Session - Let's Move Roberta Etienne, FIT4LIFE