



East Jamaica Conference  
of Seventh-day Adventists  
Health Ministries Department

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January 29, 2026

To All Pastors, Elders, Health Ministries Leaders, and Clinic Nurses

Dear Brothers and Sisters,

**Re: Healthy Lifestyle Retreat and First Aid/CPR Training 2026**

Sincere Christian greetings!

You cannot afford to miss this year's Health events: Healthy Lifestyle Retreat, **February 13-15, 2026** at Golden Acres and First /Aid CPR training, **March 22 & 29, 2026**, at the VH Percy Center.

The Retreat is open to all members and non-members. Please note that there is no limit to the number of attendees for the Healthy Lifestyle Retreat, however, the minimum number of persons for the First Aid training is 10 and the maximum number is 25 per class. Each church is encouraged to send at least two delegates to the Retreat (Health Ministries Leader and one other) and at least one delegate for First Aid, approved by the Church Board.

Kindly promote these events in your church district as well as to the church community.

1. The Healthy Lifestyle Retreat will be held at Golden Acres at a cost of sixteen thousand Five Hundred dollars (\$16,500).
2. The First Aid, CPR and AED training will be conducted at V. H. Percy Centre, at a Cost of Ten Thousand Dollars (\$10,000).

A detailed promotional information on each of these events is provided in the attachment. If you require additional information or clarification for both training, please do not hesitate to contact me or my Administrative Assistant, Miss Tahlia Foreman at the above telephone number, 1876361-3444 or by email at [ejchealth@gmail.com](mailto:ejchealth@gmail.com).

Yours in the Master's Service,

Leonard Steele

Health Ministries Director, EJC