

Wellness Centre Opens at Sabina Park - Jamaica Information Service

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Photo: Donald Delahaye

Minister of Entertainment, Sport, Culture and Gender Affairs, Hon. Olivia 'Babsy' Grange (third left), cuts the ribbon to officially open the National Health Fund/ Jamaica Cricket Association (JCA) wellness centre at Sabina Park on March 17, 2016. Looking on (from left) are: President, Jamaica Cricket Association, Wilford 'Billy' Heaven; former national football player, Ali McNab; Chief Executive Officer of the National Health Fund, Everton Anderson and Permanent Secretary in the Ministry of Health, Dr. Kevin Harvey.

Story Highlights

- A wellness centre, valued at US\$54,000, was officially opened on March 17, at Sabina Park, with the aim of improving the health and fitness levels of the country's cricket players.
- The centre has been provided through the collaboration of the National Health Fund and the Jamaica Cricket Association (JCA).
- For his part, Chief Executive Officer of the JCA, Courtney Francis, said the opening of the gym will facilitate a healthy lifestyle.

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In her address, Minister of Entertainment, Sport, Culture and Gender Affairs, Hon. Olivia 'Babsy' Grange commended the JCA for opening the facility.

"One of the most important consequences of this is that it should redound to the benefit of our cricketers. After the dust is settled and the facility is up and running fully, this wellness centre must be preserved," Miss Grange said.

She added that far too often, facilities are put in place without a proper plan for their maintenance.

The Minister further noted that the establishment of the wellness centre fits into the Ministry's vision of providing support infrastructure.

"One of the initiatives that I will actively be pursuing is the introduction of a mobile sport and wellness unit. I think that our young athletes in the secondary schools across Jamaica need that support," she said.



Minister of Entertainment, Sport, Culture and Gender Affairs, Hon. Olivia 'Babsy' Grange (centre), tries out the weights at the National Health Fund/Jamaica Cricket Association (JCA) wellness centre, which was officially opened at Sabina Park, today (March 17). Others (from left) are: Project Manager, Culture, Health, Arts, Sports and Education (CHASE) Fund,

Paulette Mitchell and former national football player, Ali McNab.

For his part, Chief Executive Officer of the JCA, Courtney Francis, said the opening of the gym will facilitate a healthy lifestyle.

“This building is more than just a gym; with it, we unite several training philosophies under one roof. Sabina Park is now a place where you can find a more extensive sports facility, modern equipment and first class ground,” Mr. Francis said.

He added that the wellness centre has made Sabina Park more attractive, while at the same time enabling the organisation to place the importance of health management to its employees.

In his remarks, Chief Executive Officer of the National Health Fund (NHF), Everton Anderson, said that due to the competitive nature of sports, there is a need for the nation’s sportsmen and women to be healthy.

“We are really pleased that we were able to fund this wellness centre and we really hope that this will lead to some positive health outcomes,” Mr. Anderson said.