

FEBRUARY

Events calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1 Next Chapter Story Time & Sing-a-long 10 to 11 a.m. Gardenia Court	2 Milk Bar 9 to 10 a.m. Health City at Camana Bay Café Book Lovers Anonymous 6 to 8 p.m. Next Chapter	3	4 Farmers & Artisans Market 10 a.m. to 4 p.m. Town Centre FIT Kids Wellness Trial 4:40 to 5:15 p.m. 5:30 to 6:15 p.m. MyFirstGym	5 Zest Wellness Yoga 5:15 to 6:15 p.m. Waterfront Terrace	6 Moore Morning Run, Walk & Talk Meet at 6 a.m. Cassia Court *Limited Capacity*	7 Addison Kelly Butterfly 5k Walk/Run 6:30 a.m. The Paseo Zest Wellness Yoga 8 to 9 a.m. Waterfront Terrace
			Art Therapy Monday to Saturday 1 to 6 p.m. The Gallery by Jason Kennedy			
8	9 Bloom & Bond Baby Massage Class 5:30 to 6:30 p.m. Health City at Camana Bay *Limited Capacity*	10	11 Farmers & Artisans Market 10 a.m. to 4 p.m. Town Centre FIT Kids Wellness Trial 4:40 to 5:15 p.m. 5:30 to 6:15 p.m. MyFirstGym	12 Zest Wellness Yoga 5:15 to 6:15 p.m. Waterfront Terrace	13	14 Zest Wellness Yoga 8 to 9 a.m. Waterfront Terrace
			Art Therapy Monday - Saturday 1 - 6 p.m. The Gallery by Jason Kennedy			
15 Baobab At the Farm Nature Play Workshop 10 to 11 a.m. Heliconia Court *Limited Capacity*	16	17	18 ASH WEDNESDAY (No Farmers & Artisans Market)	19 Non-Alcoholic Wine Tasting 5 to 6:30 p.m. Blackbeard's Camana Bay Zest Wellness Yoga 5:15 a.m. to 6:15 p.m. Waterfront Terrace	20	21 Wellness Expo 10 a.m. to 5 p.m. Town Centre Zest Wellness Yoga 8 to 9 a.m. Waterfront Terrace
			Art Therapy 1 to 6 p.m. The Gallery by Jason Kennedy			
22	23	24	25 Farmers & Artisans Market 10 a.m. to 4 p.m. Town Centre FIT Kids Wellness Trial 4:40 to 5:15 p.m. 5:30 to 6:15 p.m. MyFirstGym	26 Zest Wellness Yoga 5:15 a.m. to 6:15 p.m. Waterfront Terrace	27 Sunrise Yoga with Ola Wellness, Vitality 360, & Health City 6:30 to 7:30 a.m. The Crescent *Limited Capacity*	28 Zest Wellness Yoga 8 to 9 a.m. Waterfront Terrace
			Art Therapy Monday to Saturday 1 to 6 p.m. The Gallery by Jason Kennedy			

For further details on events and to explore promotions at specific shops and restaurants, visit camanabay.com/wellnessmonth



All about our Wellness Month events

SUNDAY, 1 FEBRUARY

Next Chapter Story Time & Sing-a-long

10 to 11 a.m., Gardenia Court

Join Next Chapter at Gardenia Court, located just behind the bookstore, for an outdoor story time that sparks children's imaginations. We invite families to bring a picnic blanket and settle in at 10 a.m. for readings of children's books, from classic favourites to today's bestsellers. **Free.**

MONDAY, 2 FEBRUARY

Milk Bar

9 to 10 a.m., Health City at Camana Bay Cafe

A support group for moms and babies in partnership with Health City. Light refreshments will be provided. **Free.**

MONDAY, 2 FEBRUARY

Book Lovers Anonymous

6 to 8 p.m., Next Chapter

Join Next Chapter as they officially launch Book Lovers Anonymous, a book club featuring book swaps, games and refreshments. **Free.**

WEDNESDAY, 4, 11, 25 FEBRUARY

Farmers & Artisans Market

10 a.m. to 4 p.m., Town Centre

Explore various produce and artisan vendors for freshly grown harvest and unique, hand-made crafts. **Free.**

WEDNESDAY, 4, 11, 25 FEBRUARY

MyFirstGym FIT Kids Wellness Trial

4:40 to 5:15 p.m. (Ages 5 to 7)

5:30 to 6:15 p.m. (Ages 8+)

*Limited Capacity**

MyFirstGym will offer complimentary FIT trial classes for new families, focused on early strength, coordination, confidence and healthy movement habits. **Free.**

- Capacity: 8 children per class
- Booking: info@myfirstgymcayman.com

FRIDAY, 6 FEBRUARY

Moore Morning Run, Walk & Talk

6 a.m., Cassia Court

Capacity is limited to 100 people

Join Moore for their monthly 5K event, dedicated to raising awareness about mental health issues in the Cayman Islands. Following the run/walk there will be a breakfast catered by Jessie's Juice Bar, featuring a representative from the Alex Panton Foundation who will lead discussions on key mental health topics. **Free.**

[Register here](#)

SATURDAY, 7 FEBRUARY

Addison Kelly Butterfly 5k Walk/Run

6:30 a.m., The Paseo

Support the Addison Kelly Butterfly 5K Walk/Run, a fundraising event for the Addison Kelly Mental Health Education Fund. **CI\$37.50.**

[Register here](#)

MONDAY, 9 FEBRUARY

Bloom & Bond Baby Massage Class

5:30 to 6:30 p.m., Health City at Camana Bay Hospital

*Limited Capacity**

Led by Beverly Edgington, International Association of Infant Massage Instructor (IAIM), learn gentle infant reflexology techniques to support wind, colic, digestion and overall wellbeing, while discovering the power of baby massage to strengthen the parent-baby bond. Both moms and dads are warmly welcome. **Free.**

[Register here](#)

FRIDAY, 27 FEBRUARY

Sunrise Yoga with Ola Wellness, Vitality 360, & Health City

6:30 a.m. to 7:30 a.m., The Crescent

*Limited Capacity**

Join us for a free sunrise yoga flow led by Ola Wellness, designed to wake up your body, clear your mind and set a positive tone for the day. **Free.**

What to bring:

- Yoga mat
- Water
- Comfortable workout clothes

[Register here](#)

THURSDAYS AND SATURDAYS IN FEBRUARY

Zest Wellness Yoga

Thursdays at 5:15 to 6:15 p.m., Power Yoga

Saturdays at 8 to 9 a.m., Flow and Restore

Waterfront Terrace, outside 89 Nexus Way

Free to Zest Wellness members, **CI\$25** per class for non-members. No booking required.

[More details](#)

DAILY THROUGHOUT FEBRUARY

Art Therapy with The Gallery

1 to 6 p.m., The Gallery by Jason Kennedy

Monday to Saturday

Closed on 18 February for Ash Wednesday

*Guests are invited to drop in anytime between 1 and 6 p.m. to paint. The session theme is "Express yourself by painting a Caymanian landscape." **Free.***

