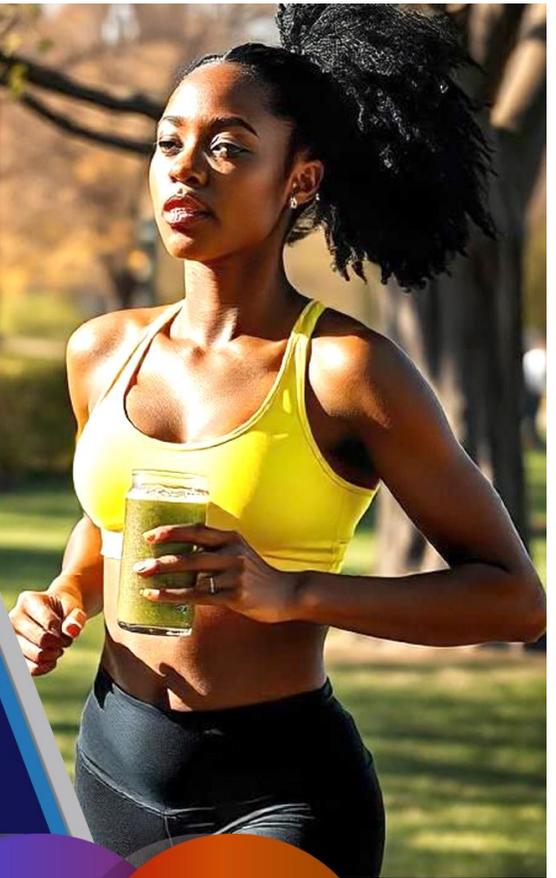




The Bahamas Institute  
of Chartered Accountants

# HEALTH & WELLNESS EXPO 2026



THEME:

## WELLNESS BEGINS WITH YOU...

### Stronger minds, Healthier bodies, Better Professionals



Saturday March 14<sup>th</sup>, 2026  
8:00 am – 11:00 am



REAR COURTS, KENDAL G.L. ISSACS GYMNASIUM

**DRESS CODE: COME DRESSED IN FITNESS GEAR ATTIRE.**

WHAT TO EXPECT:

Fitness sessions, Nutrition talk, free testing, product promotions  
from various local vendors, surprise raffle.

Registration: [https://www.bica.bs/bica\\_member/events](https://www.bica.bs/bica_member/events)