



FOR IMMEDIATE RELEASE

Decorated Gymnast Thema Williams hosts Wellness Wednesday Program during Welcome Week Festival 2023

Tuesday 14th February 2023 – Port of Spain, Trinidad

Former Olympic Gymnast and Founder of health and wellness-based company Stretch4Stress, Thema Williams is partnering with Welcome Week Festival 2023 as its Director to host a new edition of **Wellness Wednesday**. The event will take place during the first installment of a thrilling 4-day series of events for Trinidad Carnival 2023, beginning Wednesday 15th February in Macoya.

Ms. Williams' Stretch4Stress, a robust mobility program, is focused on improving the overall well-being, productivity and quality of life of individuals. This year, she has been named Event Director of 'Wellness Wednesday' which will focus on a holistic approach to health.

Williams explains that the theme of the Wellness Wednesday program is "Lewwe hold ah MEDS - Mindset, Exercise, Diet, and Soca" which represent all the things truly loved by Caribbean people. Her wellness-based initiative - established to teach and encourage positive health conscious decision-making in an exciting way - will be held at the Centre of Excellence in Macoya from 4pm- 8pm. General admission costs \$300.00.

Welcome Week Festival 2023 promises to be a much-needed addition to the exciting line-up of entertainment, culture and wellness which includes food, wellness, technology and music during Trinidad Carnival week. With a special guest performance by Soca Artiste Ding Dong and a host of exciting live experiences in yoga, meditation, Zumba and more, it promises to be an experience that brings fitness with a difference to the national landscape.

For additional information, please visit:

Website: <https://welcomeweekfestivals.com/>

Instagram: [@welcomeweekfestivals](https://www.instagram.com/welcomeweekfestivals)

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