

Patricia D. L. Fletcher

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- Education:** Masters of Nutrition (1982), University of the West Indies, Mona.
BSc. Biochemistry and Chemistry (1979), University of the West Indies, St Augustine.
- Certification:** *Population Health Management Systems*, Wellsource Inc., USA, (2004)
Rebounding -Techniques and Therapies, The Vitally Yours Center for Cellular Health, North Carolina, (2006)
- Membership:** Jamaica Association of Professionals in Nutrition and Dietetics
Caribbean Association of Nutritionists and Dietitians
Human Resource Management Association Of Jamaica
- Award:** Environmental Health Foundation *Wellness and Lifestyle Award for Excellence in the category of Individual*
- Publications:** *The Corporate Wellness Programme Design Manual*, published by the Ministry of Health, "The Healthy Lifestyle Project- November 2006".
- Papers in Nutrition and Mental Development during the period 1983-1990 whilst employed at the Tropical Metabolism Research Unit (TMRU), University of the West Indies
- Work Experience:** Conference Host, Chairperson & Presenter - *Developing Population Health Management Systems* (April 2005 & April 2006, Jamaica and November 2006, Trinidad)
- Corporate Wellness Consultant and Wellness Program Facilitation for the Ministry of Health (March-October 2005, October 2007 to present)
- Chair on the Lead group for the development of Standards in the Wellness Industry at the National Council on Technical & Vocational Education and Training, an ISO certified organization (November 2006 to February 2008)
- Training and certification of Wellness Facilitators in 'Wellness Programme Design and Development'—branch representatives of the Bank of Nova Scotia, June 2006

Nutritionist and Lifestyle Consultant - JAMALCO's Wellness Programme, (July 2002- to June 2006)

Managing Director - The Healthy Lifestyle Clinic/The Health Profit Group- Nutrition & Lifestyle Consultant and retailer of health & exercise devices (June 2000 to present)

Part-time Lecturer- University of Technology, Certificate in Nutrition Course (September 2001-April 2002)

Research Officer at TMRU, UHWI (1983-1990)

Speaking Engagements: Jamaica- including for example

ALPART, made presentations with demonstration and assessments to retiree groups, April and June 2008

Speaker at the Launch of the *National Workplace Wellness Initiative* by Ministry Of Health and Environment and the Jamaica Employers' Federation- both manuals (Corporate Wellness and HIV/AIDS code book, respectively) were officially launched, April 2008

Lighthouse of Faith Ministries- Conference Day Speaker on Nutrition and Longevity-February 2007

Nestle Launch of Whole Grain Cereals-Keynote Speaker at their Launch –January 2007

Life of Jamaica- Wellness and Nutrition, Staff's Personal Development-2006

Nestle, JA - 3 locations as part of the launch of their Wellness Programme- 2005 and their new International Wellness Initiative, May 2008; Also representative Nutritionist at JAMFIT cheerleading event, July 2008.

Management Institute for National Development- on Wellness Programme Design- 2005

Jamaica National Building Society – Nutrition & Wellness seminar-2006

Kingston and St. Andrew Health Department - Wellness Committee & Public Health Nurses' monthly meeting-2006

Ministry of Health- to Executive Managers and Wellness Committee-2006

Launch of Oral Health Month - Guest Speaker- Ministry of Health – '*Brushing Up on Health Lifestyle*'- 2005

TIP Friendly Society- Staff Personal Development, 2006

WINDALCO- Wellness committee, Staff at 3 locations- 2005

Breezes Runaway Bay – at the Staff Health Fair and Managers' Personal Development meeting-2005

Sunset Jamaica Grande- at Staff Health Seminar-2005

Andrew Memorial Hospital- Staff & guests-2003

Bank of Nova Scotia- Wellness seminar on rebounding at the All-island Employee meeting and at Branch Managers' meeting- 2003

JAMALCO- Guest Speaker at the launch of their Wellness Programme-2002

Churches, Schools, PTA Meetings- Zone 5 Teachers' Fellowship- Kiwani's

Health Fairs about the Island and clinic settings for CARI-MED/Abbott Labs and Nestle

Trinidad and Tobago

Permanent Secretaries Retreat- Wellness and Longevity- February 2007

Public Service Commission Staff Wellness Seminars (February, April, July, October 2007 and February and June 2008)

Deputy Permanent Secretaries Retreat –October 2007

Ministry of Works Staff Wellness Training –February and April 2007

Ministry of Tourism –Staff Wellness Training –February and April 2007

Water And Sewerage Authority (WASA)- Executive Wellness October 2007

Ministry of Public Administration and Information- Staff Wellness-October 2007 and Executive Wellness and Staff Development -2 groups, June 2008

Ministry of Sport and Youth Affairs- Executive Wellness February 2008

Ministry of Legal Affairs- Executive and Staff Wellness, 2 groups on 'Managing Stress and Keys Factors for Wellness and Longevity' –June 2008

Turks & Caicos

DIGICEL- 'Nutrition and Longevity' Honouring phenomenal women – June 2006

Radio Interviews: Family Time, Night Doctor (several times) & Love FM

Television

Appearance: Smile Jamaica It's Morning Time- On Nutrition and also Rebounding