



## WORLD HEALTH DAY

April 7, 2024

*"Your body and mind are your permanent home.  
Love them, honour them, cherish them."*

Here at JOALI BEING, every day is dedicated to wellbeing.  
On World Health Day, we join people and organisations around the  
globe to acknowledge the importance of physical and mental health.  
We invite you to join us for two special experiences.

# JOALI BEING



## Sunrise Wakeup Run

Greet the morning with an energising run around our beautiful island. Running is a great way to get your endorphins flowing, and being out in nature instantly puts you in a happier frame of mind—the perfect way to start your JOALI BEING day.

**7.00 am to 8.00 am**

**CORE**

*Complimentary*

## Vibrant Snorkelling Adventure

Get a healthy dose of exercise while the underwater treasures around our island brighten your spirit. Swim alongside vibrant corals, friendly fish, and other fascinating sea creatures on this guided snorkelling trip.

**10.30 am to 11.30 am**

**Marine Centre**

USD 125 per person

*All prices are subject to 10 percent service charge and 16 percent government tax.*

*For more information or reservations, please contact your Jadugar.*

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