



The Eastern *Vibes*

Monthly Newsletter 2025

September 2025, Issue #134

No Health Without Oral Health



The Honourable Dr. Rishad Seecheran, Minister in the Ministry of Health and Dr. Sandeep Maharaj, Chairman of the Board ERHA

The oral health team of the Eastern Regional Health Authority (ERHA) conducted a Dental Health Fair on September 27, 2025.

The main purpose was to increase awareness on the importance of dental health and to encourage clients to use the services

available in their community to improve their oral health.

The Honourable Dr. Rishad Seecheran, Minister in the Ministry of Health attended the Dental Health Fair and toured various booths.

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No Health Without Oral Health Cont'd

He was accompanied by Dr. Sandeep Maharaj, Chairman of the Board ERHA, Mr. David John, Director and Mrs. Angelina Rampersad-Pierre, Chief Executive Officer and other members of staff.

The Honourable Wayne Sturge, MP for Toco/ Sangre Grande in his remarks encouraged members of the public to utilize the services provided by the ERHA. Mrs. Angelina Rampersad-Pierre, Chief Executive Officer thanked the dental staff for their hard work and dedication. She indicated that services would be provided in oral hygiene; basic health screening; vaccinations and HIV testing. She encouraged persons to visit the booths which included

Nutrition; Health Education; Medical Social Work Department; Sangre Grande Hospital Campus Blood Donation Centre and Healthy Hospital Initiative.

The theme of the event was entitled, **"No Health without Oral Health,"** to reinforce the message, the team demonstrated how poor oral healthcare can affect other aspects of health and the quality of life.

The Health Fair setting provided a more relaxed atmosphere to provide information to the clients who in turn were more receptive than in a clinical setting. They felt comfortable and asked key questions to improve their knowledge.



Dental Health Fair 2025



Eastern Regional Health Authority Celebrates Caribbean Wellness Week 2025

On September 13, 2025, the Eastern Regional Health Authority joined CARICOM and regional partners in commemorating the 17th observation of Caribbean Wellness Week under the theme ***"Engage, Empower, Elevate: Working together to improve health and well-being for all."*** Each year, Caribbean Wellness Week provides an opportunity to inspire action and empower individuals to take charge of their health through education, physical activity and community.

In recognition of Caribbean Wellness Week 2025, the Health Education Department Nariva/ Mayaro and St. Andrew/St. David hosted a week-long series of engaging activities during the period 13th - 21st September, 2025. A social media campaign was also mounted during the week to increase awareness about healthy lifestyle practices to prevent Non-Communicable Diseases (NCDs).

The outreach activities began with a virtual wellness challenge for members of the Chronic Disease Support Groups in St. Andrew/St. David. Participants were challenged to engage in physical activities for three to five days per week. They were equipped with an activity tracker, information on the benefits of exercise, a booklet detailing an armchair workout with instructions on how to perform the exercises and an accompanying video demonstrating

various armchair exercises. Participants were further supported by weekly group calls over WhatsApp with health education staff and nurses who provided additional guidance and encouragement.

A Mini Health Fair was also held on September 13, 2025 in collaboration with Persad's D' Food King at their Rio Claro Car Park. Over **70** persons accessed the services which included basic health screening and vaccination. They also interacted with members of the Nutrition, Nursing & Health Education teams, as well as representatives from the Ministry of Agriculture.

On September 16 and 18, 2025 the focus shifted to the importance of physical activity. Armchair exercise sessions were hosted for members of the Rio Claro Chronic Disease Support Groups and a Staff Wellness Programme was conducted at the County Health Administration Building.

To culminate the outreach, the team welcomed the opportunity to participate in a health fair hosted by Sri Satha Sai Global Council along with SewaTT on September 21, 2025 at the Biche Secondary School. Over **150** persons were in attendance. They were provided with medical consultations; basic screening, nutrition advice and information on stress, NCDs and smoking cessation.

Caribbean Wellness Week Tip



EASTERN REGIONAL HEALTH AUTHORITY

CARIBBEAN WELLNESS WEEK 2025

HEALTHY HABITS

- ✓ EAT A PROTEIN-RICH BREAKFAST (EXAMPLE: EGGS, PEAS, OR GREEK YOGURT).
- ✓ DO A LIGHT WORKOUT OR GO FOR A WALK AFTER DINNER.
- ✓ DRINK WATER BEFORE MEALS TO AVOID OVEREATING.
- ✓ LIMIT SALTY SNACKS – TRY FRUITS OR NUTS INSTEAD.
- ✓ AIM TO GO TO BED BY 10:00 P.M. FOR BETTER SLEEP QUALITY.

"Caring is the Key"



A Snapshot of Staff Activities for Caribbean Wellness Week



A Snapshot of the Public Activities for Caribbean Wellness



Appointment of New Board of Directors at the ERHA



Eastern Regional Health Authority

Head Office: Supercare Building, Eastern Main Road
PO Box 4479, Sangre Grande, Trinidad
Tel No.: 228-3742, 226-9176

September 18, 2025

APPOINTMENT OF NEW BOARD OF DIRECTORS AT THE ERHA

The Eastern Regional Health Authority (ERHA) welcomes the new Board of Directors who have been appointed. The membership of the Board is as follows:

- Dr. Sandeep Maharaj - Chairman
- Dr. Stephan Bhagan - Deputy Chairman
- Ms. Alexia Romero - Director
- Mr. David John - Director
- Dr. Dylan Thomas - Director
- Dr. Sanjay Ramnanan - Director
- Mr. Jesse Bridgelal - Director
- Ms. Nallisa Huggins - Director
- Ms. Kavita Mahadeo - Director

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Board Members: Dr. Sandeep Maharaj (Chairman), Dr. Stephan Bhagan (Deputy Chairman), Ms. Alexia Romero, Mr. David John, Dr. Dylan Thomas, Dr. Sanjay Ramnanan, Mr. Jesse Bridgelal, Ms. Nallisa Huggins, Ms. Kavita Mahadeo, Mrs. Angelina Rampersad-Pierre (Chief Executive Officer)

Early Detection Saves Lives: Nursing Team Leads Screening Drive in Nariva/Mayaro



Ms. Sydelle Gibson-Mahabir, Nutritionist
chat with clients

Screening is very important in healthcare as it helps to detect diseases and problems early, often before symptoms appear.

In an effort to improve the health outcomes for clients, health outreach programmes were conducted in Nariva/Mayaro by the nursing team. The main purpose was to address the high demand for cervical screening.

Over **150** persons attended the health outreach

activities which were conducted at the Brothers Road Outreach Centre on September 9, 2025, the Mayaro District Health Facility and Persad's D' Food King on September 13, 2025 and Guayaguayare Outreach Centre on September 20, 2025.

Additional services such as Blood Pressure and Blood Sugar testing, HIV testing and counselling and breast examinations were offered.

Virtual Healthy Eating Workshop

Recognising the challenges that some clients may encounter to attend outreach programmes in person, the Health Education Department, Nariva/Mayaro partnered with the Nutrition Department to host a Virtual Healthy Eating Workshop.

The workshop which was entitled ***"Protect Your Health: How to stick with a healthy eating pattern vs crash diets"*** was held on September 17, 2025. The main goal of the workshop was to increase awareness about the signs and risk factors of Non-Communicable

Diseases (NCDs) and to promote safe and proven methods to maintain a healthy weight.

Information was presented to participants on key nutrients needed for good health, saturated fats, trans fats and sodium. They also learned how to plan a local low-cost meal; how to stay motivated and what to do to sustain a healthy eating pattern.

The session was conducted by Ms. Sydelle Gibson-Mahabir, Nutritionist who emphasised the benefits that can be derived from healthy eating.

Healthy Hospital Initiative Blood Drive



During September 15-20, 2025 the Healthy Hospital Initiative conducted a blood drive in collaboration with the Sangre Grande Hospital Campus Blood Donation Centre. The blood drive which targeted members of the public generated **53** units of blood.

To encourage persons to participate strong

messages were communicated to increase awareness. The messages highlighted some of the groups that blood donations can save such as babies with blood disorders; cancer patients; pregnant mothers; patients who may need emergency surgery and many others who may even be family members.

ERHA Participates in Sangre Grande Police Council Health Fair



Ms. Sherifa Ali, Health Education Aide interacts with a client

health fair hosted by the Sangre Grande Police Council on September 24, 2025 at Birdie Square, Sangre Grande.

Over **45** persons attended the Outreach and accessed the services provided which included health screenings, vaccinations, nutrition consultations, counselling and health education.

The team focused on topics such as men's and women's health, nutrition, non-communicable diseases, smoking cessation, stress management and self-care.

Maintaining and improving health is a shared responsibility involving several stakeholders. With the common goal to improve the health of the members of our community. The Eastern Regional Health Authority participated in a

To enhance learning and engagement, the ERHA team used educational quizzes, props and easy-to-digest reading materials to encourage participants to adopt healthier lifestyles.

Men Empowered to Take Charge of their Well-being



Fitness Session at Matura Outreach Centre



Men's Health lecture at Coryal Outreach Centre

Early detection and preventive screening play a crucial role in improving long-term health outcomes. Potential risk factors for conditions such as hypertension, diabetes and prostate disease can be identified thereby, allowing for timely referrals, treatment and follow-up care where needed.

It is for this reason that the Eastern Regional Health Authority continued its commitment to promote wellness among men through its Men's Health Clinics. The sessions were hosted under the theme **"Men's Life Matters,"** on September 19, 2025, at the Matura and the Coryal Outreach Centres.

Over **50** men accessed the services that were offered. This signals an increase in the interest in preventive healthcare. At the Coryal Outreach Centre, participants were offered Prostate Specific Antigen (PSA) testing, Health Screenings and Vaccinations. At the Matura Outreach

Centre, services included PSA and HIV testing and counselling, Health Screening, Vaccination, along with Health Education, Nutrition, Mental Health and Dental screening. A fitness session was also offered.

Those in attendance were encouraged to take greater responsibility for their health through regular screening and early detection. They were provided with valuable insight into their current health status, to help them to identify risk factors and make informed decisions about follow-up care.

By bringing these services closer to communities, the ERHA continues to bridge healthcare gaps and empower clients to prioritise their well-being.

The initiative underscores a powerful message: Early detection saves lives and caring for one's health is the foundation for stronger families and communities.

Physical Activity Lectures for All Ages

Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual ability. *John F. Kennedy*

With this in mind the Health Education Department hosted a series of engaging educational sessions on physical activity at the Sangre Grande Enhanced Health Centre and the Valencia and Manzanilla Outreach Centres.

Over **515** clients were reached by the team with well researched information. They were informed of the importance of regular exercise for maintaining health at every stage of life; benefits of physical activity; different exercise types; recommended activity guidelines; as well as how staying active supports the management of chronic diseases. The exercise guidelines below were shared with the group to remind them that staying active is a key part of a healthy lifestyle at every age.

Exercise Guidelines

Children & Teens (6–17 years): At least one hour of moderate to vigorous activity daily, including aerobic, muscle-building and strength exercises at least three days per week.

Adults: Aim for 150 minutes of aerobic activity weekly (spread over three to five days), plus strength training on two or more days.

Pregnant Women: Engage in 150 minutes of light to moderate aerobic activity weekly throughout all trimesters. This helps manage weight, improve sleep, reduce the risk of gestational diabetes, and prepare the body for labor.

Benefits of Regular Exercise

- Builds strong bones and muscles
- Enhances focus, mood and mental well-being
- Reduces the risk of chronic diseases and depression
- Supports weight management and helps control arthritis and other conditions

ERHA Hosts UWI Dietetic Interns

19 Dietetic Interns from the University of the West Indies participated in a field visit to the Sangre Grande Enhanced Health Centre on September 25, 2025. The visit was organised by the Health Education and Nutrition Departments to provide an opportunity for future dietitians to bridge the gap between the classroom and the realities of community nutrition practice.

During the visit, interns received valuable insight into the daily operations of dietitians working within the community health setting. Sessions focused on a range of critical topics including the internship experience; effective teaching techniques; public health education strategies

and the use of armchair exercises as a tool for engaging clients in physical activity. The interactive nature of the sessions encouraged active participation and reflection, bridging the gap between academic learning and real-world application.

A guided tour of the Sangre Grande Enhanced Health Centre provided a window for the interns to observe how multidisciplinary teams collaborate to provide holistic care. They witnessed firsthand how nutrition services integrate with broader health initiatives to improve patient outcomes and support chronic disease management.



HAPPY REPUBLIC DAY



The Eastern Regional Health Authority proudly joins the nation to celebrate the sovereignty, identity and enduring spirit of the people of Trinidad and Tobago.

Let us honour the strength, unity and courage that have shaped our Republic and remain committed to upholding these values through dedicated service to the communities we serve, contributing to a healthier and more empowered nation.

May today renew our collective hope and pride in our beautiful country.

From the Board of Directors and Management of the
Eastern Regional Health Authority

"Caring is the Key"



CHANGE THE *Narrative* on Suicide



WORLD SUICIDE PREVENTION DAY



www.erha.co.tt



Erha Trinidad & Tobago

"Caring is the Key"



Commendations to Staff

Ta Lia

So yesterday evening I had to visit the hospital because I haven't been well for a few days. I got to Sangre Grande Hospital barely able to stand, head spinning, heart racing, body trembling. As I walked in at the emergency section, I was greeted by a young man. While taking my info he realized I was gripping the desk for support so he quickly got up and got me a wheelchair. He then very patiently took my info, wheeled me to the front desk to give more info. Because of the giddiness I could hardly get the words out. He then stooped a little lower to hear what I was saying and referred my info to the clerk, then wheeled me again to get an ECG done. His colleague asked why he wasn't waiting for a ward attendant to which he replied, 'they make this so hard and it's not. She needs this done now. I don't like how she looking.' He made sure I didn't have to wait and spoke to the nurse immediately for her to attend to me so I didn't have to wait. His caring attitude was so refreshing to say the least. His name is RAVI RAMDHAN. To this young man I say with a heart full of gratitude, THANK YOU sweetie. You are an example to what we lack in today's society. People that care about people and not just go to work for the paycheck. I pray this reaches you. God bless you and I hope that doors open for you in all your future endeavors.

Sent via Facebook by Ta Lia

September 2, 2025

Giselle Estrada

On behalf of my family I want you publicly recognise the staff at Sangre Grande Hospital for the care, dedication and professional approach to patient care and case management of my brother who recently had a medical episode which occasioned an admission for a few days. The doctors who called, James, Newton and Sharma a heartfelt thank you as all demonstrated excellent customer service against all odds. To the nurses attached to Medical Ward 1 special mention to all of you and commendations for your customer service.

It would be remiss of me if credit wasn't bestowed on the clerical staff who called after hours and on the public holiday and those attached to clinics, Ade and team.

Last and certainly not least the persons in the cafeteria and of course the security personnel who take their jobs seriously while on duty.

ERHA hats off to this entire team for taking care and reassuring not just the patient but the rest of concerned family members!

Sent via Facebook by Giselle Estrada

September 3, 2025

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



Commendations to Staff

Mauri Castell

As we highlight the bad we have to also highlight the good.... I wish to extend my gratitude to the **ERHA Trinidad & Tobago** quality control dept specifically Mr. Ali. Although my experience at the facility was horrible, I appreciate the accountability shown by the facility post experience. Hopefully as the negative experiences continue to be highlighted a long term plan will be implemented to mitigate some of the awful experiences endured by some. Improvement may not happen overnight but empathetic customer service is a great place to start.

**Sent via Facebook by Mauri Castell
September 9, 2025**

Brooklyn Saurez

Big thanks to the nurses on ward six at Sangre Grande Hospital, nurse Adams, nurse Yearwood and nurse Fletcher. Thank you guys very much you make a nervous and anxious situation very comfortable. God bless you and keep doing you

**Sent via Facebook by Brooklyn Saurez
September 18, 2025**

Kevon Williams

I have had the privilege to be served by these nurses and interacting with Nurse Vambie. She has an amazing and innovative vision for nursing in Trinidad and Tobago and we would do well to adopt some of these planned initiatives island wide. Nursing in the 21st century! Well done on the success of the Isla initiative.

**Sent via Facebook by Kevon Williams
September 16, 2025**

Seema Bissessar Ghany

Good afternoon, I would like to say a special thank you to Nurse Khan of Ward 4, for the great, loving and pleasant treatment we got in her care, may God keep her in good health to serve many other patients in that same manner.

**Sent via Facebook by Seema Bissessar Ghany
September 23, 2025**

**Let us never cease to provide quality service with compassion
and dignity as we demonstrate that, "Caring is the Key."**



Commendations to Staff

Kendall Perez

An invitation from the Wellness Coordinator of the Eastern Regional Health Authority (ERHA) to the ERHA Men's Health Fair on Saturday 24th August 2024 was a pivotal moment in my life. At the event, seeing the commitment of healthcare professionals and learning about the serious health risks tied to my weight gave me a wake-up call; I realized the importance of taking active steps toward better health. The screenings, educational talks, and supportive environment at the fair inspired me to take control of my well-being.

At the time of the fair, I weighed 283 lbs but didn't think much of it although I was aware of the potential health risks associated with my weight, including an increased chance of diabetes, decreased mobility and the possibility of death. My blood pressure was in the range of 140-155 (systolic) and 85 - 95 (diastolic), I was hypertensive. A conversation with the doctor shook me into the reality of my situation, if I were to continue the path I was on, the potential for chronic lifestyle diseases was high. The supportive, encouraging environment at the health fair and a conversation with the Wellness Coordinator, motivated me to make a change. I saw that with the right tools, resources, and mindset, improvement in my general health and well-being was possible. I also recognized the value of small, consistent changes and the impact they could have

over time on my overall health. This inspiration, combined with the desire to be around longer and healthier for myself and my loved ones, drove my commitment to making better lifestyle choices following the fair.

Immediately after the fair, I began prioritizing my health by doing the following:

Adopting Healthier Eating Habits

I focused on portion control, reduced processed foods and embraced more fruits, vegetables, and lean proteins. Although it was an expensive undertaking, I saw it as an investment in my body that in the long run would ensure a healthier me. This shift toward balanced, nutritious eating allowed me to manage calorie intake and feel more energized throughout the day.

Increasing Physical Activity

I started with daily walks in my neighbourhood on a relatively flat surface and gradually incorporated more intense exercise as my stamina improved. I attended several wellness promotion activities hosted by the Wellness Department of the ERHA which included the weekly Carnival Burnout sessions at the Sangre Grande Enhanced Health Centre, weekly aerobic burnout sessions in Valencia, and the Walk for Wellness in Manzanilla. Regular physical activity helped boost my metabolism and made a notable difference in how I felt physically and mentally.

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



Commendations to Staff

Kendall Perez (Cont'd)

Seeking Support

Engaging with supportive friends and family, accepting prayers and encouragement during tough moments and embracing my spiritual side helped me stay focused and motivated. This also entailed enrolling in the Chronic Disease Clinic at the Macoya Health Centre which ensured that my progress was tracked by medical professionals.

Embracing Consistency Over Perfection

I learned that making small, consistent changes was more effective than aiming for drastic quick fixes. Sticking to daily routines, whether it was meal planning or exercise, helped me stay focused and gradually achieved sustainable results.

Each of these strategies worked together to make my weight loss steady and achievable, transforming not only my physical health but also my outlook and determination on my wellness journey.

I am proud to share that I have reduced my weight from 283 lbs to 241 lbs, a loss of 42 lbs thus far. I have also managed to reduce my blood pressure to normal ranges (systolic 120 to 130 and diastolic 70 to 80) through regular exercise and a healthier diet. This journey has not just

been about numbers on a scale or a blood pressure monitor, but about reclaiming my health, energy, and confidence. Suffice to say, the journey is far from over and I would advocate for anyone who doesn't '**Know Their Numbers**' to head on down to their private doctor or any health facility to find out about their numbers and take the necessary steps to ensure their numbers are in the healthy range.

I would like to express my sincere appreciation to the Wellness Department of the Eastern Regional Health Authority and the dedicated healthcare professionals who played an instrumental role at the ERHA Men's Health Fair. Their unwavering support, expert guidance, and compassionate care were the catalysts for the positive changes I have made in my life. The fair not only provided vital health screenings and information, but also created an encouraging and empowering environment that inspired me to take control of my well-being. This life-changing journey would not have been possible without their commitment to community health and their genuine investment in helping individuals like myself lead healthier lives.

**Sent via Email by Kendall Perez
September 18, 2025**

Pixie Smuggler

I must commend the entire staff from Security to the staff members to the upkeep crew. The experience was wonderful and professional. The environment was clean and there was a guy giving a lecture on Health and Wellness. Job well done. I am thankful and grateful to the medical fraternity. Keep up the great work. On another note, if results can be emailed to patients that will be great use of technology and saving paper... Thanks again.. A loyal fan

**Sent via Facebook by Pixie Smuggler
September 26, 2025**

**Let us never cease to provide quality service with compassion
and dignity as we demonstrate that, "Caring is the Key."**



Commendations to Staff

Darius Ragoobar

Good day I would like to say thank you to the amazing team of doctors and nurses at the Accident and Emergency and also the doctors and nurses that took care of my mum on the ward I can't remember which one but it was for people with cancer. I had carried her to another RHA and it was a lot of up and down and when I brought her to Sangre Grande hospital in 1 night they found the issue compared to months at the other RHA, unfortunately she passed away a couple months after but you guys gave it your 100% and for that I am very grateful. Keep up the excellent job May God bless and keep the staff at the ERHA.

**Sent via Facebook by Darius Ragoobar
September 25, 2025**

**Let us never cease to provide quality service with compassion
and dignity as we demonstrate that, "Caring is the Key."**

HEAT & HEALTH

Hot Spells

According to the Trinidad and Tobago Meteorological Services (TTMS), a hot spell is declared when Trinidad and Tobago experiences a high temperature of 34°C or more at Piarco and 33°C or more at Crown Point, Tobago.

The heat caused is considered to be an environmental and occupational health hazard. The number of people exposed to extreme heat is growing exponentially due to climate change.

Who does it impact?

Heat can be hazardous to health, especially for people who may be particularly vulnerable. Impacted groups include:

- Older people and young children
- Persons with long-term or serious illnesses
- Persons who work outdoors
- Persons whose lifestyles involve long periods outdoors
- Persons who play sports
- Persons involved in physical activities such as construction workers, farmers, students and lifeguards

How does it impact health?

Extreme heat is the leading cause of weather-related deaths and can exacerbate underlying illnesses such as:

- Heat exhaustion and heatstroke due to the body's inability to regulate internal temperature.
- Chronic conditions such as cardiovascular, mental health, respiratory (asthma), diabetes-related conditions and acute kidney injury.

What actions should the public take?



Stay Hydrated:

- Drink 1 cup of water per hour and at least 2–3 litres per day.



Stay out of heat if outdoors:

- Find shade and limit your time in direct sunlight.
- Schedule strenuous activities for early morning or late evening.



Stay Cool Indoors:

- Use air conditioning and electric fans to cool indoor temperatures.
- Take cold showers to lower body temperature.



Dress for the heat:

- Wear light-weight, loose-fitting and light coloured clothing.
- Wear hats and sunscreen.

In case of an emergency, you can contact the following numbers:

Fire: 990 Ambulance: 811 Police: 999 ODPM: 511 T&TEC: 800-8832

Sources: <https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health>, <https://www.cdc.gov/heat-health/about/index.html>



September 2025

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
Fax: 668-4368

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Cumuto Outreach Centre

Main Road
Cumuto
Tel: 226-1106/643-9075

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Rio Claro Health Centre

De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104/644-2236/644-0181

Rio Claro Accident and Emergency
Tel: 226-9230

Toco Health Centre

Paria Main Road, Toco
Tel: 226-1576/670-8277

Toco Accident and Emergency
Tel: 226-9428

Mayaro District Health Facility

Pierreville, Mayaro
Tel: 226-1575/630-1258/9
Tel/Fax: 630-1257

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 668-8066

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Sangre Grande Enhanced Health Centre

Ojoe Road
Sangre Grande
Tel: 226-1102/668-2509

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Biche Outreach Centre

Canque Village
Biche
Tel: 280-9781/668-9053

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Matura Outreach Centre

Toco Main Road
Matura
Tel: 226-1261/668-6276

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt**

Website : www.erha.co.tt



ERHA Trinidad & Tobago



@erhatrinidad