
PRESS RELEASE

FOR IMMEDIATE RELEASE

April 8, 2026

Media Contact: Jo Ann Z. Carr

Tel: (340) 774-8588 ext. 5112

Email: joann.carr@dop.vi.gov

Division of Personnel Announces the Return of the Heart-to-Heart Silent Headphone Walk

St. Thomas, U.S. Virgin Islands — The Division of Personnel’s GVI Wellness Program in collaboration with the Department of Health’s Chronic Disease Division announces the highly anticipated Heart-2-Heart Silent Headphone Walk on Friday, April 10, 2026, at Griffith Park.

Designed to promote heart health, wellness, and community connection, this energizing event brings together Government of the Virgin Islands (GVI) employees and retirees under the age of 65 for an evening of movement, music, and motivation. Participants will enjoy a unique walking experience guided by music through wireless headphones along the route from Emile Griffith Park to Crown Bay and back to Emile Griffith Park.

Check-in begins at 5:00 p.m., with the walk officially starting at 6:00 p.m. Participants are encouraged to arrive early to complete check-in and receive event materials including t-shirts. On the day of the event, all participants must present a valid form of identification at check-in in order to receive their headphones.

This initiative reflects Personnel’s ongoing commitment to encouraging healthier lifestyles and fostering a culture of wellness within the Government of the Virgin Islands.

Traffic Advisory

Motorists are advised that there will be temporary traffic disruptions on Friday, April 10, 2026, between 5:30 p.m. and 7:30 p.m. along the event route, which includes Emile Griffith Park, Crown Bay, and surrounding roadways.

Drivers should expect brief delays, intermittent road closures, and increased pedestrian activity in these areas. Motorists are urged to use caution and comply with directions from the V.I. Police Department to ensure the safety of all participants. Alternative routes are recommended where possible.

For more information, please contact Nakisha Young, Associate Chief Group Health Insurance, 340-718-8588 ext. 4040, nakisha.young@dop.vi.gov.

###

The Division of Personnel is committed to supporting the Government of the Virgin Islands workforce through programs and initiatives that promote employee well-being, professional development, and organizational excellence.