

FOR IMMEDIATE RELEASE
DECEMBER 2, 2025

GBIPB Unveils Wellness Focused Grand Life Magazine
New Winter Issue Highlights Nature, Culture, and Renewal

FREEPORT, GRAND BAHAMA - The Grand Bahama Island Promotion Board has released a special Wellness Issue of the Grand Life Magazine. The Winter 2026 edition showcases the many ways visitors and residents can relax, recharge, and feel renewed on Grand Bahama Island. This issue highlights a range of wellness experiences and captures the island's natural wonders, vibrant culture, and signature laid-back lifestyle.

At the heart of this issue is an exploration of Grand Bahama's natural environment. Gold Rock Beach is featured for its remarkable shoreline, famously showcased in several Hollywood productions. Readers are also introduced to other cherished natural spaces, including the Rand Nature Center and the Garden of the Groves. Additionally, guided birding experiences with Rudy Sawyer and the GB Birding Association offer a serene way to appreciate the island's diverse wildlife.

This issue also spotlights world-renowned Bahamian diver and photographer Andre Musgrove, featuring his stunning underwater imagery. GBI Ambassadors Alex Thompson and Lynden Lundy offer insight into their personal hidden gems and the places they turn to for rest and renewal. Musician and conservationist Javon Hunt blends sound with environmental messaging, inspiring greater care for the island's natural resources. Additionally, the Junkanoo Village Beach Club is highlighted for its vibrant showcase of Grand Bahama's culture, music, and longstanding traditions.

Food has long been central to the Grand Bahama Island experience, offering a meaningful way for visitors and residents to unwind. As The Grand Bahama Island Restaurant Fest prepares to celebrate its fifth year in 2026, this issue spotlights what food enthusiasts can anticipate from the upcoming event, as well as the diverse culinary offerings available across the island year-round.

Editor Nikia Wells says the Wellness Issue was created to encourage readers to take their time, enjoy meaningful experiences, and explore the island at their own pace. Editor Meshell Britton adds that the stories give a glimpse into the many opportunities on Grand Bahama Island to recharge holistically, in spirit, soul, and body, and to behold the masterful beauty and rich diversity of divine design.

The Grand Life Magazine is produced by the Grand Bahama Island Promotion Board and reaches more than one million readers across its digital and print channels. Readers can view the newest issue at www.grandbahamavacations.com or www.bahamas.com, with print copies available shortly.

PRESS RELEASE



PHOTOS

Cover of Winter 2026 Grand Life Magazine

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ABOUT GRAND BAHAMA ISLAND

Grand Bahama Island, the fourth largest island in the Bahamas. It is the second most populated island, with almost 55,000 people. The 96-mile length of the island is laden with sixty miles of white sandy shore beaches, mostly located on its southern side.

The unique attributes of this island showcase a taste of the 'best of the Bahamas'. From Sweetings Cay in the East to the quaint settlement of West End in the far west, you will find three main characteristics of this island – vast amounts of Eco treasures 'wonderland', modern city landscapes and island life in its purest form.

Travelers have come to know this island paradise as 'Freeport', and residents fond of all that the land mass encompasses, proudly boast of calling it by its name 'Grand Bahama Island'. Today's travelers seeking to explore and embrace all that it is, will seek out 'Freeport, Grand Bahama Island'.

With a beautiful mix of boutique hotels, luxury resorts, gorgeous beaches, golf courses, and some of the friendliest people in the world, Grand Bahama Island is one of the most popular islands in The Bahamas.

Located just 55 miles east of Florida and 130 miles north of Nassau (the capital), Grand Bahama Island is nestled among miles upon miles of powder-white sands, nature preserves and emerald-green seas. Our variety of cultural experiences and natural wonders makes Grand Bahama Island ideal for everything from kayaking, dolphin watching and eco-adventures to jeep safaris, scuba diving and bike tours.

FOR MORE INFORMATION

The Grand Bahama Island Promotion Board

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