

# LIVEWELL INITIATIVE LWI (RC 692490)

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## LWI CEO Update

Greetings to you all - our friends, associates, affiliates, colleagues, and readers. LiveWell Initiative (LWI) is glad to welcome you to its *inaugural news bulletin*. Since we have programmes all the time (we're always either in a market, park, school, bank, or on the field), our bulletin is long overdue! However, we shall serve to you, 'sumptuous stories of our programmes, events and activities as best we can.

Although we started three years ago with less than 10 people, LWI now boasts of over 100 officers, Volunteers inclusive. We have impacted the lives of over 1 million Nigerians (including over 200 blind people), and over 3,000 Ghanaians, in the period; this includes 'undeserved and disabled' populations; thus leading to our recent inauguration of the LWI DAUP (LWI Disabled And Underserved Project). Our thrust is to improve health literacy, using it as a tool to improve quality and quantity of life, and to improve life expectancy.

LWI recently inaugurated its Health Insurance Project DAUP for the Disabled and Underserved Populations (*Projects 'Aloe Vera' and 'Bon Sante'*). In addition, we had an unprecedentedly well-attended Free Health Fair which saw an attendance of over 6,000 people in two days!!!...MTN, Nestle, GSK, May & Baker, Evans Plc, Healthcare International HMO, Nutrihealth, Roche Nigeria, were among the 16 companies in attendance at the Health Fair.

Although LWI projects have *never* been funded by donors, grantors nor government; the programmes are self-sustaining and the organization generates income internally, for sustainability. LWI recently partnered with Access Bank Plc as its Implementation Partners in the Access Care Project. In addition, the organization tutors young GTB Plc Bankers on healthcare and, it is in collaboration with several OPS organizations including FSDH, Skye Bank, PZIL, and Chapelhill Denham among others.

We have visited scores of schools, markets, taxi parks and a few mechanic villages and motor parks around the country including Matori zone, Ojota Motor Park, Ilesha (Osun State), Ojodu retail market and Ogudu village mechanics among others.

Rural trips have taken LWI to Kanke Local Government Area in Plateau State where LWI availed the citizens of free healthcare and ran a free health week in collaboration with the NYSC Plateau State and Kanke Local Government.

LWI has officers in 4 of the six geopolitical zones of the country; however, we have run programmes in all zones; carrying out ARV logistics in the Taraba, Sokoto, Owerri and Nnewi. In addition, LWI has done a lot of work in Lagos, Osun, Ogun, Imo, Abia, Rivers, Niger, and Plateau States as well as Abuja FCT.

At LWI, we build capacity through the 'in-house' LWI Academy which teaches etiquette, poise, language, decorum and attendant managerial and functional skills; thus healthcare delivery at LWI is done with class, decorum, and panache.

The LWI Academy shall be fully launched in the next calendar year, to service the larger public due to great demand, and the fact that 'everybody loves the LWI body-language' and the 'LWI Smile'... At LWI...we implant a Smile!!! .....

Get The **LWI SMILE** Today...Join Us!!!!

Welcome to LWI...

Bisi Bright,, CEO LWI



## LWI MISSION

To improve the health status of the people through wellness promotion and health-empowerment and thereby positively influence their health-seeking behavior.

## LWI VISION

To halve health-illiteracy in Nigeria by the year 2030; and to increase the life expectancy of Nigerians to 70 by the year 2030.



**LWI JOINS IAPO....**

**...promoting wellness**

**...preventing ill health**

# LWI Health Fair

**Resounding Success for LWI Free Health Fair as OVER 6000 people attended in 2 days!**



LWI held its Health Fair at the Suburb of Gbagada Phase 2 events ground in Lagos, Nigeria on 4<sup>th</sup> and 5<sup>th</sup> of June, 2010. The fair was held in hopes of increasing awareness of personal wellbeing, by helping participants become more informed of their health and incorporating a healthy lifestyle in their daily routine.

“The LWI Health Fair '10, the first of its kind for members of the public, was unique & value –added experience for all participants,” said Kola Olatunji, Programme Officer External Relations, LWI.

In the last several months before the actual program, LWI staffs and volunteers had been organizing and fine tuning details for this 2 day event.



There were educational information booths and healthy snacks, compliments of LWI members, volunteers and companies who contributed their time and efforts. More than 15 companies were onsite with information to support the fair – MTN, Nestle, GSK, May & Baker, Roche, Evans Plc and Nutri health just to mention a few.

“We are offering participant organizations the opportunity to interface with their clients directly, in a friendly atmosphere devoid of bureaucracy but laden with ethics and conduct,” said Pharm. Bright.



LWI provided attendees with informative materials on breast health, stress management and educational materials on disease management.



Other attendees had their sugar levels checked for the first time in their lives and some learned how to adjust their lifestyle to accommodate their health. “The fair is directed at everyone who holds ‘good health’ dear to their hearts,” said Kemi Olaleye, HR/Admin Manager, LWI

A lot of hard work, dedication and team work was exerted in order to pull off an event of this magnitude.

***The Main Outcomes of the Health Fair and Benefits to the Public were as follows:***

**- The theme ‘Live Well, Live Long’ was embraced by the people**

- Over 2, 000 children were de-wormed
- Almost 3,000 women were given Haematinics, Multivitamins and Nutrients including Nido Milk, and non-prescription antimalarials for themselves and for their children; in pursuit of the millennium development goals and the WHO/UN/G8 declaration on Maternal and Child Health (MNCH)
- Over 10 speciality health stands took care of individuals’ special needs –men’s health, women’s health, family health, reproductive health, nutritional health, stress, lifestyle and wellness among others.
- The use of mobile technology came to the assistance of people; as they called friends and relatives from far and near to attend; including as far as Kwara, Ogun & Osun States
- A 46-man LWI team of officers and staff attended to the public; 7 doctors, 12 pharmacists, 8 nurses, 3 microbiologists, 3 public health practitioners, 3 managers and 10 public health internees from Babcock University





## Picture yourself at the LWI Health Fair



## Spotlights from the Fair

Among the beneficiaries of the programme; several of which were interviewed, these are some of the responses:

1. "We thank LWI for the free medicines because I went to Gbagada and bought medicines worth N3, 000 before someone tell us at home that LWI can help us; we want LWI to alert everyone on radio so that we can know where the programme is taking place next and we will be there. God bless LWI in Jesus Name. Amen". **Mrs Gam-Shelleng – Elderly woman**
2. "We thank God for this kind of opportunity in Nigeria; we pray that God helps those who remember the poor; I pray that God blesses LWI so that they can give us this type of programme again" – **Mr. Bolaji Kolinton – Cold-room keeper**
3. "I appreciate this; I pray that God Almighty will continue to bless LWI so that they can hold another programme IJN, Amen". **Mr. Dolapo Anuolupo – Trader, Sabo Yaba**
4. "LWI has helped me more than words can describe; they knew me from nowhere; they took me in and I now enjoy good health through LWI." **Mr. Udoka – Businessman**
5. "This is classical, I love it and appreciate the handiwork of LWI; May God bless LWI in Jesus Name, Amen." **Mr. M.A. Samuel – Civil Servant**
6. "We thank God for LWI and for this kind of rare opportunity, we pray for more in Jesus Name." **Mr. Saheed – Factory Worker**
7. "We thank God for the help you are helping us...we appreciate this and we pray God blesses LWI so that they can be holding the programme always." **Mr. Abdul Rafiu – Kwara State**

## No Soda, Try Water



You've probably heard this a thousand times, but it needs repeating. Aim to drink water every day to increase your energy, accelerate your metabolism and detoxification. Drinking water can also reduce stress hormones that lead to premature aging

It's especially beneficial to start your day with a large glass of water. Try adding some fresh lemon or a bit of lime juice. It's good for you and many people find it easier to drink than plain water.



**Health Tips**  
Tips for Healthy Living

## Upcoming Events

### 1. LWI GRAND HEALTH BAZAAR (October 6<sup>th</sup> – 7<sup>th</sup> 2010), Lagos, Nigeria

This is a Unique, Innovative, and Melting Pot of congruence for all stakeholders in the health sector.

LWI invites hospitals, clinics, pharmaceutical companies, medical industry, food sector, intergovernmental organisations, diplomatic community, telecoms sector, governmental and non-governmental agencies to this unique, 'Bazaar-like' healthcare Carnival - the first of its kind in these parts.

At least 100 companies are expected to participate; and, at least 10,000 people are expected at the Grand Health Bazaar.

**Theme: "Health and Wealth Partnerships on the Move..."**

LWI is doing it again! Join us...Let's do it together...

Be a PARTNER.....Book a Stand now! Personalised & Specialist Stands are available; Company Stands- 07041442634-37

### 2. LWI INTERNATIONAL CERTIFICATION COURSES

You asked – LWI listened! Once again, LWI will be hosting the International Certification Course (ICC) training. LWI in collaboration with The American Red Cross offers the most comprehensive and dynamic trainings at reasonable prices.

Through expertise training, we provide information designed to give you the confidence to respond in an emergency situation with skills that can save a life. Whether you work with children, want training for employees, are a medical practitioner, or simply want to know how to help someone in an emergency, the ICC training has a place for you.

The training course will include First Aid/CPR training, HIV/AIDS training and management of Diabetes and are taught and managed by certified professionals with years of experience. Our philosophy is simple...provide high impact safety skills necessary to respond in an emergency situation.

#### Mark Your Calendar!

July 12 <sup>th</sup>	First Aid/CPR
July 13 <sup>th</sup>	HIV/AIDS
July 14 <sup>th</sup>	HIV/AIDS
July 15 <sup>th</sup>	MTM Diabetes
July 16 <sup>th</sup>	MTM Diabetes

**VENUE:** Protea Hotel, Ikeja GRA

**TIME:** 9:00am – 5pm Daily

For all inquires please call 0704144263437 or e-mail @ [info@livewellng.org](mailto:info@livewellng.org)

Hurry up to sign up...seats is filling up fast!

Materials and instruction are provided at reasonable rates, whether you want one course or several. Since LWI is a non-profit organization, the money you invest in training goes right back into your community to improve the quality of life through programs like the LWI health fair.

In addition, nationally-recognized course completion certificates are presented to participants who meet the course objectives. This certificate can be used to obtain a job or heighten your credentials.

THANK YOU.

## News Titbits

- **LWI Launches Project DAUP** – LWI recently launched its disabled and underserved project DUAP by working out a highly discounted health insurance package with an HMO. More information on Project DAUP will be available in the next bulletin
- **LWI Officers form the G8 at LBS EDS!** – Eight Programme Officers of LWI recently won the LBS Coca Cola Foundation/African American Institute Entrepreneurship Scholarship Award and they have been undergoing the Social Sector Management (SSM) Training programme. Popularly known at the LBS as the **G8**, the LWI Officers have carved a new niche for the organization and for themselves...Congratulations to Yejide Olaiya, Kike Tairu, Damola Oladimeji, Titi Ogunbiyi, Dr. Patrick Okhue, Kofu Oriola, Kola Olatunji and Bimbo Oyemade...You guys have done well! More on this as we prepare for their Graduation....
- **Visually Impaired Eddy Joins the LWI Team** – Eddy, a visually impaired young man, recently joined LWI as a student member; and, he has been adopted by LWI for his academic exploits. Eddy, who recently gained admission to University of Jos, will read Special Education at the institution. Eddy lost his eyesight after completing his OND studies; however LWI is determined to empower him. His health came first, as LWI carried out extensive ophthalmologic referral tests on him; it was found that Eddy needs a Stem-cell transfer to see again! Congrats Eddy on your admission to Uni. Jos; LWI loves you...welcome to the LWI family!
- **Babcock University sends 33 internees to LWI** – Babcock University in Ilishan recently sent 33 internship students to LWI; they are all final year Public Health Students. The students have had a busy time going through the organisation's departments – Grants & Funding, Planning & Implementation, Logistics, and, Research/Surveillance Departments. They have undergone several tasks, with weekly assessments by their preceptors and co-preceptor. Internship at LWI is exciting but very busy; it is combined with corporate visits, consulate visits and factory visits and, programmes with the people in the markets, schools, taxi parks and conglomerates...a true timeout in public health!

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