

# LIVEWELL INITIATIVE

## NEWS BULLETIN

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### Inside this Issue

LWI CEO Update	1
LWI Health Fair LHF2012	2
LWI Year-End Event	2
Media Health Fair	3
Comments from Participants	3
News Tidbits	4



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## LWI CEO Update

Dear All,

Happy New Year 2013, from us ALL here at LiveWell Initiative LWI.

We hope that you had a great Yuletide season and that you are poised to face the New Year with renewed vigour and strength. The year-end is always very exciting to celebrate, and so also is the beginning of a new year!

***Here at LWI, we thank God for a successful year 2012, and we look forward prayerfully and pragmatically to an even more successful 2013.***

For us here at LWI, we have a lot to celebrate. We are still basking in the excitement of having recently marked our 5<sup>th</sup> anniversary last quarter and, we are looking forward to the next 5 years with great excitement because we intend to 'Globalise' by the year 2017.

We are increasingly succeeding with our newest baby, 'easyhealth' home healthcare project, which we run every month, taking healthcare into people's homes. In addition, we are looking forward to our big baby getting bigger this year; and, that is our Grand Health Bazaar GHB, which turns 3 years old in March. This year, we are looking at the Oil & Gas sector, the Real Estate Sector, and the Aviation Sector for our GHB2013. It promises to be a very successful event and we would like to showcase the 'shared value of health' in every facet of life, through the three sectors, this year at GHB2013.

Last year at GHB2012, we had over 80 companies participating, and over 2,000 delegates. Although, the Oil & gas sector is a closed sector, we believe that we can open it up through the creation of shared value. At LWI, our best must be better than the best anywhere else... Let's Go!

I must not leave without saying a big Thank You to our Chairman Mr. Olawale Edun, who bought us a bus, for our 'easyhealth' Programme. We appreciate this greatly, and we look forward to more donations of vehicles for the facilitation of our home healthcare service, 'easyhealth'... This is a value proposition to pro-bono donors out there to kindly avail somebody somewhere of free healthcare in the comfort of their homes or offices, by calling 'easyhealth' on +234 (0) 802 318 4144 or +234 (0) 808 322 2240 or by emailing us at [programmes@livewellng.org](mailto:programmes@livewellng.org) or [info@livewellng.org](mailto:info@livewellng.org)

Thank you.

Bisi Bright, CEO LWI

**Did you know?**

**Over 90% of diseases are caused or complicated by stress**

# LWI Health Fair LHF2012



On the 13<sup>th</sup> December 2012, all roads led to the Silverbird Galleria, Victoria Island, Lagos, Nigeria; the venue of the Annual LWI/Silverbird Health Fair. The fourth in its series, the LWI/Silverbird Annual Christmas Health Fair is a free health fair designed for visitors at the cinemas, other shops and offices in the galleria; for Lagosians as a whole.

The purpose of the LWI/Silverbird Health Fair was to improve organisational bottom-line and strengthen families by offering free healthcare to corporate populations and their families in an informal, conducive and relaxed atmosphere, which simulates the 'healthcare-as-a-recreation tool.'



The event took place at the Silverbird Galleria Atrium, where participants had free health checkups (Body Mass Index, Blood Pressure, Blood Sugar, Cholesterol and HIV/AIDS) and personalised health counselling along with over-the-counter OTC medicines.

The event was very well-attended by people from all walks of life, including the elites, a few expatriates, a lot of youths and upwardly mobile young executives. The Yuletide season added to the fanfare of the health fair, and, attendees at the health fair felt rewarded, empowered and happy!... Most participants left the venue with an LWI Smile...



## LWI YEAR-END EVENT

LWI marked its Annual Year-End Event at "MarcoPolo" Chinese Restaurant at Victoria Island on the 20<sup>th</sup> of December 2012. The LWI year-end event has been the tradition over the past few years with an objective to give thanks to God and appreciate the staffers and volunteers of the organisation, who made positive impacts during the year.

As usual, a few corporate friends of LWI were invited to join in the celebration. Notable dignitaries at the occasion were the LWI Chairman and Chief Host Mr. Olawale Edun, Oando Plc Community Relations Manager Chief Sam Onyenwe, Skye Bank Plc Group Head Human Resources Mrs. Funmi Adegoke, GTBank Plc Head of Training Mr. Funso Tooki, Energy Group General Manager Mr. Gbenga Ogundipe, Eunisell Business Development Manager Mr. Debo Alabi, among others.

The event started with an opening prayer by Ronke Adebola and a recitation of the LWI anthem. After which the LWI CEO Mrs. Bisi Bright gave a welcome speech, which followed a presentation of "LWI in the last 5 years" and "LWI in the next 5 years."

Guests were served with Chinese cuisine, snacks and drinks. Awards and recommendation were presented to deserving LWI officers. The highlight of the event was when Mr. Edun pledged to donate a brand new bus for LWI.



*(L-R) LWI CEO Mrs Bright with friend and Chief Sam... LWI Officers cutting the Christmas year-end cake... Mrs. Funmi Adegoke (Skye Bank Plc) and Mr. Debo Alabi (Eunisell) presenting an award to LWI's Neatest Officer... Mr. Olawale Edun (LWI Chairman), Mr. Damola Oladimeji (LWI Principal Programme Officer) and Mr. Funto Akinkugbe (LWI Head of Management Faculty)*



# LWI Media Health Fair

LWI in collaboration with XLR8 Media carried out a “Stanbic IBTC Media Health Fair” for the staffers of The Punch Nigeria Ltd., Vanguard Media Ltd., BusinessDay Media Ltd. and The Nation during the months of November and December 2012.

The sole purpose of the programme was to add value to the health of Media Officials, increase the health literacy of the staffers and management of Media Houses and to positively influence their health seeking behaviour. The 2-day programme at each Media House featured participants enjoying various stimulating and enlightening lectures on Nutrition and Wellness, Stress Management and Worklife Balance. They also had an opportunity to check their Basic Health Meters such as: Body Mass Index BMI, Blood Pressure, Blood Sugar and Cholesterol Level, including a few further necessary screenings. In addition, they received personalised Health Counselling from LWI Healthcare Practitioners along with Free Non-Prescription Drugs.

Prominently present to declare open the event at each of the Media Houses was Stanbic IBTC Bank Plc Head Corporate Social Investment Mrs. Morin Adeyemi, while the Head of Marketing of Stanbic IBTC Ms. Barene Beard and Ms. Carol Ogwuma of Stanbic IBTC Marketing joined in at The Punch, along with the CEO of XLR8 Media.

The health challenges in the Media Industry came to the fore, as it was noticed that media practitioners do work very lengthy hours and they work more during the closing hours of the day when the generality of people are shutting down for the day. Thus, LWI sought to alleviate the challenges of the Media Practitioners by tutoring and counselling those of them who were available, on the next best thing to do, to enjoy good health throughout their careers.

In the area of Nutrition, it was noticed that a particular media house had a special catering facility for its staffers and their health consciousness was brought into perspective by the provision of the Nutritional Counselling and a Corporate Dietary Profile, designed from the Staples of LWI.



*(L-R) Punch Newspaper MD, Mr Ademola Osinubi with LWI CEO... LWI Matron Oladele screening a client... Interactive sessions with an LWI officer*

## Comments from Participants

**Mr. Ademola Osinubi:** MD/Editor-in-Chief (PUNCH) – *(he queues up and takes his turn)* “This is a good programme and we are happy to be part of it. I am impressed, and we hope to do this again with you. Please let the staffers see that it is possible to be a busy executive and still enjoy good health...” (He laughs and jokes with his staffers).

**Mrs. Folakemi Gbemuotor:** “Our staffers have really enjoyed your programme. They have learnt a lot and I learnt a lot too. Although I missed the first lecture, I gained a lot from the one I attended and the feedback from our staff has been good. Keep it up, LWI”.

**Moshood Adebisi:** “The programme was educative, an eye-opener and enlightening. The lectures were very interactive because the participants were able to ask questions and the lecturers were able to answer the questions correctly”.

**Ademola Adeola:** “It is enlightening because someone like me hasn’t checked my BP for a very long time. I learnt a lot about my health”.

**Aririonwu Austin:** “The programme is quite educative and it’s an eye-opener”.

# News Tidbits

**Training for Union Bank Entry level Staffs** – During the months of November and December, LWI trained over 500 entry level officers of Union Bank at its corporate headquarters in Marina, Lagos. The training sessions covered lectures on Nutrition and Wellness, and Stress Management. The trainees also had their basic health check-ups and health counselling including a ‘take-home’ goody pack of non-prescription drugs, courtesy of LWI.

**LWI Academy Training** – In partnership with GlaxoSmithKline GSK Pharma West Africa, the LWI Academy LWIA carried out a training on Immunization for the Association of Community Pharmacists of Nigeria (ACPN) on the 9<sup>th</sup> and 10<sup>th</sup> of November at the Protea Hotel in Ikeja, Lagos. The training programme is the American Pharmacists Association APhA Immunization Training and Certification.

The training, which comprised of pragmatic and hands-on theory and practical sessions and also a written examination, offers a licensure that is internationally recognised. Successful candidates were awarded the APhA Immunization Certification. Global Head LWIA Faculty and Former President of the APhA, Prof. Gary H. Smith (AZ, USA) sent a word of encouragement to all participants prior to the training programme; wishing them great success.

To date, LWI has trained at least 100 pharmacists nationwide successfully, with full APhA Certification. In addition, at least 30 others have undergone the training under the auspices of LWI, including some doctors, 2 paediatricians, a few nurses and public health practitioners.



(L-R) Consultant Paediatrician and Trainer, Prof. Olyinka Ogundipe... Practical Demo by Certified Nurse-Trainer Daramola... Award of Certificates to successful candidates by Administrator

<b>LWI Academy Training Calendar 2013</b>			
Q 1 February 2013	Q 2 May 2013	Q 3 September 2013	Q 4 November 2013
<b>Target Audience: Everyone from all walks of life</b>			
Self Branding & Superior Communication Skills' AM and 'Etiquette, Body Language & Simple Courtesies' PM (1day) <b>N18,500 (full day) or N12,000 per session</b>	Logistics Chain Management (1 day) <b>N15,500</b>	Goal Setting and Project Management Skills (1day) <b>N13,500</b>	Project Performance Management (2 days) <b>N25,000</b>
American Red Cross Training Program in <b>First Aid / CPR</b> (1day) <b>N27,500</b>	Lifestyle, Exercise Nutrition and Wellness Champion Course <b>N30,000</b>	Adherence, Concordance and Clinical Governance (1day) <b>N12,500</b>	Responsibility, Authority and Accountability (1day) <b>N15,500</b>
	American Red Cross Training Program in <b>First Aid / CPR</b> (1day) <b>N27,500</b>		Management and Organisational Behaviour (MOB) (1day) <b>N15,500</b>
<b>Target Audience: Healthcare Professionals and Non-Healthcare Professionals</b>			
American Red Cross: Training Program in <b>First Aid / CPR</b> (1day) <b>N27,500</b>	Counselling and care of Diabetic patients (1day) <b>N20,000</b>	Counselling and care of Hypertensive Patient (1day) <b>N20,000</b>	Counselling and care of HIV/AIDS Patients (1day) <b>N20,000</b>
	Project Management in Healthcare (1day) <b>N15,000</b>	Pain Management <b>N25,000</b>	Management of Cold, Flu, Asthma and other Respiratory Infections <b>N30,000</b>
<b>Target Audience: Healthcare Professionals</b>			
International Certification Training Program in <b>Immunization American Pharmacists Association (APhA) (USA)</b> (2days) <b>N75,000</b>	Medication Therapy Management & Disease State Management: Diabetes Education (2days) <b>N55,000</b>	Medication Therapy Management & Disease State Management: Diabetes Education (2days) <b>N55,000</b>	Counselling and care of HIV/AIDS Patients (2days) <b>N55,000</b>
	Project Management in Healthcare (1day) <b>N15,000</b> <b>Open Faculty - Internships</b>	Patient Hospitality (1day) <b>N12,500</b>	American Red Cross: Training Program in <b>First Aid / CPR</b> (1day) <b>N27,500</b>
	American Red Cross: Training Program in <b>First Aid / CPR</b> (1day) <b>N27,500</b>	Adherence, Concordance & Clinical Governance (1day) <b>N12,500</b>	

**LWI Vision**

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

**LWI Mission**

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

**Want to get involved?**

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