

LIVEWELL INITIATIVE

NEWS BULLETIN

(RC 692490)

Inside this issue

World Malaria Day	1
World Health Day	2
Corporate Health Retreat	2
Cancer Screening at Redeemed	3
LWI and SUPPORT visits Makoko	3
LWI Programme for Lawyers	4
Let's Talk Chocolate	4



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LWI marks **World Malaria Day**

On the 25th of April 2014 LiveWell Initiative in collaboration with Codix Pharma Limited held a health outreach programme in commemoration of *World Malaria Day*. The programme was carried out for school teachers at the Universal Basic Education Centre, Montgomery Road, Yaba. The programme was designed to raise the awareness of the participants on Malaria scourge.

Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects *Anopheles* mosquitoes. Malaria can cause fever and flu-like illness, including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting, and diarrhea may also occur. If not treated properly, severe complications and death can occur.

The programme commenced at 11am with a lecture on ‘Malaria’ by Dr. Ajumobi. The lecture comprised on the causal agent of Malaria (Plasmodium), the causes and the prevention of Malaria. There was also a “Question and Answer” segment and the participants who answered questions were given freebies courtesy of Codix Pharma Limited. In addition, a lecture on “Nutrition and Wellness” was presented by Business Development Manager of Codix Nigeria Limited, Pharm Solomon Idowu. After the presentation, participants were provided with health screening which consisted of stress test, malaria screening, health counselling and dispensing of antimalarial.



Did you know?

The old saying “You are what you eat” holds true for your skin as well as your health. A poor diet is as bad for your skin as cigarette smoking

LWI Marks World Health Day at Nigerian Stock Exchange NSE

LWI in collaboration with the Corporate Communications department of the Nigerian Stock exchange on the 7th of April marked the annual World Health Day by carrying out a health seminar for the staff of NSE and the brokers who were trading on the floor of the exchange. The seminar comprised of a lecture on Vector-borne diseases and cardiovascular diseases, which was delivered by CEO LWI Pharm Bisi Bright and LWI's Dr. Abiodun Adelowo.

Thereafter there was health screening for the participants which consisted of Blood Pressure, Body Mass Index, Blood Sugar, Malaria Test and Hepatitis Screening. The participants were also given health counseling and free over-the-counter medicines.

The next destination of the programme was Gbagada Junior High School where the LWI Team gave a lecture and demonstration on Hand washing Etiquette and personal Hygiene to the pupils. The officials of NSE also donated books to the school library.



LWI Facilitates Corporate Health Retreat for First Bank of Nigeria Staffers



On the 11th of January 2014 LWI facilitated a corporate health retreat for the members of the e-business unit of First Bank of Nigeria PLC at the Protea Westwood Hotel, Ikoyi. The aim of the programme was to encourage bonding and teamwork among members of e-business unit and also enlighten them on their health and positively increase their health seeking behavior.



The programme started with a lecture on "Healthy Living and Stress Management" by Regional Manager North LWI Mr. Solomon Idowu which enlightened the participants on how to cope with and manage workplace stress. Thereafter there was a lecture on Nutrition titled 'You are what you eat' by Senior Programme Officer LWI Miss Nnedinma Obi. Salad Master also gave a quick lecture on how to prepare common meals and salads without using seasoning and oil using special cooking ware.

After the lectures the participants were ushered to the LWI stand for their health checkups and counseling.



LWI CARRIES OUT CANCER SCREENING AT REDEEMED CHURCHES

During the month of April LWI carried out Cancer Screening programmes at the Redeemed Church of God at Divine Zone Parish at Alapere Ketu and Resurrection Parish Jakande Lekki respectively. The programme was targeted at the members of the church and the immediate community. There were Cancer enlightenment lectures by doctors from the LWI Academy faculty. The female participants were screened and counseled for Cervical and Breast Cancer and male participants were screened for Prostate Cancer.

There was also ancillary screenings like Blood Pressure, Blood Sugar, Body Mass Index, Hepatitis Screening, HIV Screening and Malaria Screening. The participants were also counseled and given medicines.



LWI and SUPPORT Visit Makoko

During the month of March, LWI and SUPPORT (a swiss based NGO) VISITED THE Makoko community in Iwaya Yaba to carry out a feasibility study on a collaborative project called LWI SUPPORT. The project will see both organizations take affordable healthcare at different posts at the riverine community of Makoko Iwaya. The LWI support team also took time to visit the community leaders for mobilization and community "buy in".



LWI Carries Out Wellness Programme for Lawyers at Banwo and Ighodalo B & I



LWI carried out a health enlightenment programme for the staffers Banwo and Ighodalo, one of the leading law firms in Nigeria, at their corporate head office located at Awolowo Road Ikoyi on the 14th of February 2014. The aim of this programme was to encourage better eating habits among the participants and to educate them on the foods that are good and bad for their health.

The programme started with a lecture on “Nutrition and Wellness” by Operations Manager LWI Miss Nnedinma Obi. The lecture was very enlightening and the participants asked questions pertaining to their health. There was also a lecture and practical demonstration by “health eating advocates”.

After the lectures the participants were ushered to the LWI stand for their health checkup and free drugs.

Banwo & Ighodalo has an endowed ‘**B & I Wellness Chair**’ at LiveWell Initiative Academy LWIA.

Let's Talk Chocolate

Chocolate is a favoured indulgence of many. In fact, some happily pronounce themselves “choc-o-holics.” The theory that chocolate offers health benefits have gained popularity over the years. Much of this publicity is based on claims that chocolate is a super-food.

So what's the truth? Does chocolate offer health benefits? Chocolate lovers rejoice – dark chocolate is your new best friend!

Flavanols in cocoa beans have antioxidant effects that reduce cell damage implicated in heart disease. Flavanols—which are more prevalent in dark chocolate than in milk chocolate — also help lower blood pressure and improve vascular function.

Remember to choose pure dark chocolate (70%-90%) avoiding added flavors and sugars. Also, remember to eat it in moderation



LWI Vision

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

LWI Mission

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

Want to get involved?

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