

LIVEWELL INITIATIVE

NEWS BULLETIN

(RC 692490)

Inside this issue

Ebola Sensitization Campaign	1
Food Heroes Award	2
Lagos Vegetarian Festival	3
Nigerian Ports Authority Clinic	4
Truth about Beer and Your Belly	4



Editorial Board

Editorial Advisors: Bisi Bright (CEO), Molly Nyagura (ED F&L) (Zimbabwe) & Bukky Ogunsakin (ED P&P)

Editor-in-Chief: Kemi Oni (LWI, USA)

Editors: Nnedimma Obi, Kemi Olaleye & Dapo Oluwole

Editorial Officers: Bisola Ayodele, , Seun Oyemade, Mawugbe Gbededo (LWI, UK), Dr Wunmi Adekola, Lara Jokodola, Susan Tairu (USA) & Lovert Ambalo (Cameroon)

Ebola Sensitization Campaign at Shoprite Nigeria Stores Nationwide

Staff Members of Shoprite Nigeria, a leading retail supermarket chain, recently gathered at its stores Nationwide (4 in Lagos, 2 in Abuja, 2 in Ibadan and 1 in Ilorin) to participate in the Ebola Awareness Campaign run by the LiveWell Initiative LWI Academy (LWIA).

The programme, which took place from 18th to the 29th September 2014, was designed to enlighten Shoprite Nigeria staffers on the prevention of Ebola Virus Disease (EVD) and teach them the best hygiene practices.

Each programme commenced with a lecture on EVD, which was pragmatically delivered by Doctors and Public Health officers from the LWIA faculty. The scope of the lecture covered the modes and ways of transmission of Ebola, preventive measures against the virus, the role of personal hygiene in protection against the virus, the importance of hand washing techniques and the use of soap wipes and hand sanitisers. There was also a session for 'Questions and Answers'.

After the lecture, there was a practical demonstration of proper hand washing techniques, antioxidants and supplements were distributed freely to the participants and Ebola awareness campaign materials such as stickers and fliers were donated to the stores.

Lekki Store



Apapa Store

Ikeja Store



Surulere Store

Did you know?

Exercise can help alleviate pain. Exercise releases endorphins, and endorphins are an awesome pain reliever

LWI Partners with Oxfam Nigerian for Female Food Heroes Award

LiveWell Initiative LWI co-hosted the OXFAM National Female Food Hero (FFH) Award, an initiative of the GROW project from the stables OXFAM, an international NGO with presence in Nigeria, which aims to eradicate poverty and promote gender equality. This year's award tagged "Ogbonge Woman" was designed to highlight the works done by 12 selected finalists - women farmers from all over the nation who have emerged as winners in Nigeria. The award is also to reward entrepreneurship among low literacy vocational women, while also promoting gender equality in agriculture sector.

The FFH event, which took place from the 16th-21st of November 2014 at the Platinum Apartments and Suites, Ikeja GRA, consisted of a house training on vocational skills and excursions to farms and factory facilities (November 16th-20th) whilst the award ceremony, which awarded 3 Winners took place on November 21st. LWI partnered with Oxfam Nigeria FFH event by conducting Cervical and Breast Cancer Screenings, Medical Checkups, Personalised Counselling with Non-prescription Drugs, all at no cost for the female farmers. The LWI Academy (LWIA) also facilitated house training on vocational skills such as bead making and handcrafting by Mrs Tolu Dada.

Notable dignitaries and high net-worth individuals were present and gave speeches/presentations at the FFH Award Ceremony, among whom were the *Honourable Commissioner* of Lagos State Ministry of Agriculture and Cooperatives LSMAC; Former Perm Sec Lagos State Ministry of Health LSMOH; 1st Vice Chairman/CEO LiveWell Initiative LWI; Personal Assistant to the H.E.Gov Babatunde Raji Fashola, SAN; Chairman Agric & Non-Oil Group Lagos Chamber of Commerce and Industry LCCI; Corporate Responsibility & Sustainability Manager (Cocoa) OLAM Nigeria; CEO DOREO Partners representative; Director of Operations Chellarams Plc and Country Director Murli T. Chellaram Foundation representative; Director General Uplifting Women through Farming UWTF; Divisional HR SHOPRITE Nigeria; Deputy Director Federal Ministry of Women Affairs and Social Development FMWASD; President Women Arise and Campaign for Democracy; Area Manager Agriculture Services Notore Chemical Industries Limited; Voices for Food Security; Deputy Director (Gender and Youth) Federal Ministry of Agriculture and Rural Development FMARD; Founder/CEO Bellafricana; Associate Country Director OXFAM.

The FFH event awarded 3 Finalists - Female Farmers that showed excellent skills during the House Training Sessions.



LWI Exhibits and Hosts Corporate Health Forum at the Lagos Vegetarian Festival

The Lagos Vegetarian Festival powered by Veggie Victory Restaurant which is the first of its kind in Nigeria took place at Freedom Park, Lagos Island from October 10th - 12th 2014. The event themed, '*Health & Wellness Sustainable Living*' was aimed at bringing people who believe in healthy eating and nutrition as a means of sustainable living together in an atmosphere of fun and networking.

LiveWell Initiative played an active role at the festival by exhibiting its services such as Stress Level Testing, Nutritional Counselling and the demonstration of Hand washing Techniques.

On Saturday, October 11th 2014, LWI hosted a Panel Discussion themed, "*Corporate Health*" that aimed to set a platform to enhance dialogue on occupational health and wellness. Panelists at the forum included the **Nigerian-German Business Association NGBA** Chief Operating Officer, Mrs. Jennifer Anoyika; **Oando Marketing Plc** EHSSQ Manager, Mr. Chidubem Obiodu; **BROLL Property Services Ltd** Portfolio Executive, Mr. Yinka Omotosho; **Philips West Africa** Business Development Manager MCC, Mrs. Pelumi Adeleke; **medenQ Consulting** Managing Partner, Dr. Adenike Adewakun.

Significant challenges of corporate health were raised and discussed. Attention to employee engagement and satisfaction, health and safety policies and basic work-life balances were noted as successful means of sustainable corporate health, which in effect contributes to improved overall organisational bottom-line.

The forum was impactful and insightful, highlighting the importance of sustainable occupational health and wellness.

Good Corporate Health = Reduced Absenteeism



Artwork displayed by students



Hand washing demonstration for pupils



Mrs Adeleke of Phillips West Africa presenting



Official from Broll Nigeria presenting

LWI Academy trains staffers of Nigeria Ports Authority NPA Clinic

The ambulance drivers and clerical attendants of the Nigeria Ports Authority NPA Clinics across the country recently participated in a Training on First Aid/CPR and Basic Life Support and Environmental Hygiene respectively facilitated by the LiveWell Initiative Academy from November 3rd-8th November 2014 at the Compass Place, Isheri, Ogun State.

This programme was designed to train the participants on coping with accidents and emergencies on the course of their duties, learn better hygiene practices for the hospital setting and to learn soft skills which will make them stand out among their contemporaries. The scope of the training covered areas in administration of First Aid and CPR, emergency management (such as choking, drowning, burns), workplace health and safety, personal and environmental hygiene, and communication skills.

After the training, the participants wrote an examination on the training and were presented certificates.



The Truth About

Beer and Your Belly

Have years of too many beers morphed your six-pack abs into a keg? If you have a "beer belly," you are not alone. It seems beer drinkers across the globe have a tendency to grow bellies, especially as they get older, and especially if they are men.

But is it really beer that causes a "beer belly"? Not all beer drinkers have them -- some teetotalers sport large ones. So what really causes men, and some women, to develop the infamous paunch?

It's not necessarily beer but *too many calories* that can turn your trim waistline into a belly that protrudes over your pants. Any kind of calories -- whether from alcohol, sugary beverages, or oversized portions of food can increase belly fat. However, alcohol does seem to have a particular association with fat in the midsection.



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?

For more information, contact

Nnedimma Obi

naobi@livewellng.org or +2347041442634

Dapo Oluwole

doluwole@livewellng.org or +08024983983

Damilola Olarewaju

dolarewaju@livewellng.org or +2347041442637