

LIVEWELL INITIATIVE LWI

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LWI CEO Update

Dear Friends,

Greetings to you and welcome again to another edition of the LWI Bulletin. The year has been very busy for us and we did not have one boring moment. It is very interesting to note that since the publication of the last bulletin, LWI has entered into several new collaborations and relationships with affiliates. It has been a very busy period and the LWI Officers have had a great time out on the field.



We marked the graduation ceremony of the G8 LWI Officers at the prestigious LBS on December 10th 2010. This came on the heels of a very busy period during which time we had engaged in running some international certification training programmes and health sector capacity building with the Lagos State Government.

Apart from marking the 'Nigeria-at-50' celebrations on October 1st and 2nd respectively, LWI marked its first aid day October 16th by floating an agreement with the Mechanics of Westex Gbagada, in affiliation with Expatcare and, facilitated by LWI Company Secretary Banwo & Ighodalo...in addition, we filled the mechanics' first aid box which had been donated earlier, with basic first line medicines and dressings.

As we prepare for our year-end activities and Christmas Health fair at the Silverbird Galleria; we are glad to announce that LWI landlords FBA, now have an annex office at no 5 Oniru Street; Victoria Island Extension; this is where we shall run the new institution, LWI Academy.

We are preparing also for our Grand Health Bazaar in March 2011 and, we hope that the new year ahead promises to be filled with greater things.... For the organization, its people, and, for all the people of the world.

Merry Christmas and, a Happy New Year ahead.

Remember to wear the **LWI Smile.....**



Season's Greetings

Bisi Bright,
CEO LWI



“A strong Bank: A healthier Family”

LWI hosts Stanbic IBTC Health Fair

In October, 2010, the Stanbic IBTC Bank nominated LiveWell initiative (LWI) as its implementation partners in the nationwide Stanbic Health fair which took place from November 20th to 27th, 2010. This health fair took place at six geopolitical regions in the country – Lagos, Asaba, Abuja, Kaduna, Ibadan and Port Harcourt. The responsibilities of LWI were to plan, design and implement programmes that will among other things:



1. Promote general well-being among staffers
2. Showcase the human face of Stanbic IBTC bank and its caring policy towards the welfare and health of its staff
3. Make Stanbic IBTC bankers the healthiest in the banking sector and in the society at large



Through this collaboration, LWI was able to reach and impact almost 1,000 Stanbic bankers nationwide with health empowerment. The programme which was flagged off by the executive Director PBB Stanbic Bank, Jacques Troost who attended with his lovely wife; and this was symbolised by the release of blue and white helium-filled balloons into the air.

The fair was a successful event which was spiced by wellness, good health, aerobics, dance exercises, free health checks and qualitative medicines. This was facilitated by a 48-man team from LiveWell Initiative made up of doctors, pharmacists,

nurses, public health practitioners, microbiologists, other well trained healthcare givers and LWI Officers including all the heads of department.

The programme was well received at all the locations nationwide, as the bankers were very pleased with the unique health fairs which were brought to their doorsteps. Among the commendations were Mr. Yinka Sanni (Executive Director Corporate and Investment Banking in Lagos) who said “The programme is commendable and LWI is a wonderful partner. We are really looking forward to



building on this relationship”.



The impact of this collaborative effort was palpable among Stanbic bank staffers because they were able to receive professional counseling and apt results on health matters they inquired about. Hence, LWI was able to enhance the health status of the Stanbic Bankers and through that, the health of society at large. “This programme is highly commendable, educative, supportive and very practical,” said Mr. Chichi Chijoke Alu, Customer Care Consultant. The expected long and short term outcomes include morale boosting

within the organization, improved employee loyalty and improvement of the triple bottom-line which will ensure an attainment of the organizational goal, to be the employee of choice. Regional Operations Manager Abuja, Hajiya Aisha Yahaya called in saying ... “I thanked you already, but I am calling to let you know how greatly appreciated your programme was... Thank you, LWI”

“The delivery of the programs has been fantastic going by the reports reaching us from Port Harcourt and Ibadan,” said Mrs. Lara Adio, Head of Rewards and Engagements.



Overall, the programme was a huge success. It is LWI’s recommendation that this program be continued biannually to sustain this edition that was started.

People’s lives were changed and together we achieved stronger, healthier lives....Thank you, Stanbic IBTC! and, ... Thank you, LWI!

LWI Celebrates "Nigeria-at-50"

The 'Ajapa' folk cartoon Live Drama took place on Oct 2nd 2010 while the LWI Health Mission to the riverine people of Makoko took place on Sept 28th 2010...Both events were the high points of celebration of "Nigeria-at-50" by us all at LWI. Both events were very successful; we added value to lives at Riverine Makoko Community where we found many sick and poor women and children. We dewormed over 300 children and we attended to over 600 women, giving them antimalarials and basic healthcare accompanied with the provision of common nonprescription remedies.

At the Ajapa show we carried out a Drug Abuse and Disuse Enlightenment programme DUADES for the children. They were very excited and they answered quiz questions quite well. This added much value to the programme.

Ajapa Folk Cartoon



Makoko Outreach



LWI Graduates 7 Officers at LBS

December 10th 2010 was a memorable day as LWI graduated 7 of its officers at the Prestigious LBS. The graduands, attended the 5-month EDC SSM Programme under the auspices of the organization. They have all done very well and LWI is proud of them. Commenting, one of the graduands Damola Oladimeji, said... "This is a glorious day in my life and I thank God... I did not realise the value of the programme until my friends pointed out to me how lucky I was.. Thank you LWI". Other LWI-LBS Graduands were Kola Olatunji, Titilope Ogunbiyi, Kofo Oriola, Yejide Olaiya, Dr Patrick Okhue, and Bimbo Oyemade. The CEO of LWI who was well represented at the graduation ceremonies by Feso Bright, later on took photos with the graduands. Kike Tairu, the 8th graduand (completing the G8), is away in the UK pursuing her Masters degree in PublicHealth. The Social Sector Management (SSM) Training Programme has built up the Social Entrepreneurship status of LWI by raising its bar in that field of endeavour. There we go; *LWI...Social Entrepreneurs in the Health Sector...*second to none!

Congratulations to our LWI LBS EDC Graduates....The sky is your limit!



LWI YearEnd Events

1. **2nd ANNUAL LWI-SILVERBIRD CHRISTMAS HEALTH FAIR:** The second in its series, the LWI Silverbird Annual Christmas Health fair takes place at the Silverbird Galleria Victoria Island Lagos on Tuesday December 21st 2010 from 12 noon to 8pm. All are invited to this exciting occasion which features free health tests, free medicines and free personalized health counseling. Baxter Slaton, Group Head Corporate Affairs, Silverbird Group said "We are proud to be associated with this programme...it is laudable and we look forward to making it an annual event. Well done LWI
2. **LWI ANNUAL YEAREND ACTIVITY AND AWARDS:** This yearly event sponsored by LWI Chairman LWI Mr. A. Olawale Edun, comes up at Marco Polo Restaurant, Victoria Island Lagos on 22nd December 2010. It is usually an exciting year-end event and the best officers of the organization are given awards. It is always a fun-day for all LWI Officers.
3. **LWI ACADEMY DEBUTS AT ONIRU ESTATE:** The LWI Academy debuts in January 2011 at the organisation's annex at No 5 Oniru Street, Victoria Island, Ligali Extension. Please call +234 1 4615868 or +234 7041442634-35 for more enquiries.
4. **LWI GRAND HEALTH BAZAAR – MARCH, 2011:** The LWI Grand Health Bazaar comes up as planned in March 2011 at The Fair Grounds, Victoria Island Lagos. To book your stalls please email us at info@livewellng.org or call +234 7041442634 - 35
5. **APhA CERTIFIED IMMUNISATION TRAINING COMES UP IN FEB 2011**For enquiries, please call or email as in (4) above.

News Tidbits

- LWI CEO Bisi Bright Delivers Wellness Talk at WIMBIZ Annual Conference, Eko Hotels Victoria Island Lagos ...November 4th 2010
- LWI marks World Aids Day at Abule Ijesha Taxi Park , distributing Condoms to the commuters and taxi drivers; with an educational and advocacy message for all, on December 1st 2010
- LWI at LBS, trains officers in first aid
- LWI takes free healthcare to construction workers

LWI Mission

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 Vision

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

Want to get involved?

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Common Cold Prevention



A cold virus enters in a body through mouth or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks. It can also be spread by direct contact with someone who has a cold or by using shared things, such as utensils, towels, or telephone.

Here are some tips for prevention of common cold. If you follow them, they can save you from illness

- ✓ Drink lots of liquid
- ✓ Frequently wash your hands
- ✓ Take rest
- ✓ Don't touch your face
- ✓ Eat healthy diet
- ✓ Use Vitamins

