

LIVEWELL INITIATIVE

NEWS BULLETIN

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Inside this issue

LWI Immunisation Training	1
LWI at Abesan Retail Market	2
GTB Plc has the healthiest young bankers nationwide!	2
LWI/Stanbic IBTC Fellowship at Motherless Babies' Home, Yaba	3
Health Tips	3
News Tidbits/ LWIA Training	4



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LWIA Immunisation Training

LiveWell Initiative Academy (LWIA), in partnership with Glaxo Smith Kline, ran the American Pharmacists Association APhA branded Immunisation Certification Training Programme at Protea Hotel, Ikeja GRA. The program was led by LWI Faculty Lead, Professor Gary H Smith from Arizona, USA, from February 25th -26th, 2011. Professor Smith was warmly received by the United States Consulate General, which had hosted him along with LWIA, a day earlier, to a Press briefing at their 2, Broad Street auditorium.

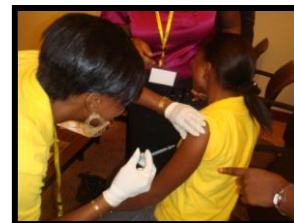
The objective of the Immunisation Certification programme was to train and empower pharmacists as immunisation advocates, facilitators and eventually immunizers. Pharmacists are well placed to meet unmet public health needs by helping to improve accesses to immunisation, through collaborations with healthcare providers.

This year's participants expressed a desire to attend the LWIA American Red Cross first-aid certification training programme, to aid their skills especially in regard to adverse effects following immunization. Participants understood the benefits of educating the public by acting as immunization advocates and facilitators; they were excited to put their newly acquired skills into practice. In addition, the programme offers training to medical doctors, nurses and other healthcare professionals who may wish to use the certification in the United States or abroad.

Overall, the LWIA Immunization Certification Course IMZ1 was successful and a positive start for the Academy as this was the first programme run since it's inauguration on February 10th 2011. The course had a very good turnout and the Academy has already started registering participants for the next programme in May 2011.



Training



Practical



Graduates

Did you know?

30 minutes of daily aerobics make your heart healthier

LWI at Abesan Retail Market

In June, 2011, LWI programme IPAP took the organisation to Abesan retail market in the heart of Lagos Mainland. The market programme was targeted mainly at women and children of Lagos Mainland. In order to make the women feel at home, LWI settled into their habitat, and, without making any changes or alterations, LWI held a motivating health empowerment discourse with the women, who asked many questions. After the educational outreach, basic health tests were performed on the market women, men and children, with their parents and guardians' consent.

Babcock University Interns formed a part of the LWI Team at the market. The participants all enjoyed free blood pressure checks, blood sugar and BMI tests and a few obese attendees had their cholesterol levels checked.

Although there was space constraint, the Mama Oja and her executive team were able to contain the crowd and this enhanced a smooth operation of the programme. At the end of the Abesan retail market outreach programme, at least 600 members of the market had been attended to, with free medicines and free medical care. At least 150 children were dewormed with due consent from their parents or guardians; and most of them, along with their mothers, had received antimalarials. The Mama Oja and her entire team as well as the Baba Oja were very elated and grateful. They insisted on a group photograph with LWI after the programme, and they offered drinks and snacks to LWI as an overture of their gratitude. LWI promised to introduce them to the Aloe Vera Health Insurance Scheme, to ensure a continuum of care.

LWI...improving access to healthcare...attaining the Millennium Development Goals!



GTB Plc has the healthiest young bankers nationwide!



For the past 4 years, LWI has offered its robust health and 'workplace wellness' programme to entry level bankers at Guaranty Trust Bank GTB Plc. Thus, GTB Plc can boast of the healthiest bankers nationwide...A cursory look at the health empowerment training offered by LWI, shows a significant increase in the health literacy levels of the bankers, as well as a heightened consciousness of their health status and therefore greater control of their health outcomes.

Well done, GTB!

**We are proud of the enhanced health status among your staffers.
Keep it up!**



LWI/Stanbic IBTC at Motherless Babies' Home, Yaba

LWI in partnership with Stanbic IBTC Bank Christian Fellowship Group, reached out to the children and staffers of the Motherless Babies' Home in Yaba, Lagos. LWI provided free health services, free health examinations, free consultations and free medicines. The programme which was anchored by a 12-man LWI team made up of 2 doctors, 3 pharmacists, 2 nurses and other officers was well attended by members of the Stanbic IBTC Fellowship including the Fellowship President Mr Olaleye, as well as at least 20 members of the Fellowship.

Each resident of the home was physically examined by the LWI doctors, including the new babies. Some of the babies who needed special attention were given due attention. Nutritional supplements like multivitamins and iron preparations were dispensed to the babies through their caregivers; and, one or two babies who needed de-wormed, with special medicines were duly attended to. In addition, their care takers were all given free basic healthcare tests including free blood pressure, sugar and cholesterol tests. They all felt quite rewarded and the Chief Matron in her Thank you speech, requested for a regular visit to the home by LWI, whilst thanking Stanbic IBTC for the unique opportunity. The LWI Team certified most of the babies as healthy, and the team recommended that the bank should follow up with health insurance for the babies. The Stanbic IBTC Fellowship thanked the Home for hosting the group, and, the programme ended with an exchange of pleasantries and goodwill.



Head, Stanbic fellowship and LWI CEO



LWI entertaining the children



LWI doctors giving personal attention and physical examination to babies and infants



Chief Matron deworming a child

Health Wealth



I think it's safe to say that we all strive to live a better life. We try to manage our personal and professional life and somehow do our best to create some balance. But one thing that we certainly neglect from time to time is to take care of ourselves.

There is an old saying that "Health is Wealth"; why is it so? Have you ever thought about it? Good Health is the secret of every happy man. If a man loses his health, he also loses his happiness.

Bad health makes us vulnerable to diseases and results in a shortened life span. The good news is, good health is fairly easy to achieve. All it requires is determination, drive and

willingness to make simple life modification. Health after all, is something we cannot take for granted. Well...not for long.

Start by eating more **FRUITS** and **VEGETABLES**. Eating plenty of fruits and vegetables can help you prevent heart disease and stroke, control blood pressure, prevent some types of cancer, and guard against cataract and macular degeneration, which are two common causes of vision loss.

Let's keep our HEALTH to enjoy our WEALTH



News Tidbits

1. **LWI Executives as LBS CSR Alumni** – Three executive of LWI (two directors and the CEO) attended the CSR class at Lagos Business School. The 2-day training titled “CSR for NGOs” was very intensive and was attended by executives in the social sector of the economy
2. **LWI Goldman and Sachs Awardee** – LWI veterinary doctor, Mrs Bukky Adewakun was a beneficiary of the Goldman and Sachs Scholarship Award at the prestigious Lagos Business School (LBS). The 5-month leadership training for self-employed women will end on December 1st, 2011. Dr Bukky Adewakun will also mark her graduation on December 2nd 2011 along with her colleagues. Congratulations on your **GREAT** accomplishment Dr. Adewakun.
3. **New LWI Office** – LWI now has a new office in Gbagada Phase 2. The office is located in Jabita Court, Alake Onileere Crescent. The new office suite will be used by the operational team members of the organization. The new office was dedicated by Rev Ebenezer Green of the Anglican Church of Transfiguration, Surulere Lagos. The organization has since settled into its new branch office, while administrative matters and plenary sessions are managed at the LWI head office at Plot 5, Oniru road, Victoria Island, Lagos.



Congratulations LWI!

Professional Training Courses

Do you care for humankind? ... Do you want to make a better impact in your area of practice? ...Are you ambitious? ...Are you focused? ... Do you aim to get to the top?

Enroll on an LWIA class and give yourself the unique opportunity to improve your knowledge and confidence in relevant subject areas, targeted at professionals and the enlightened public for empowerment towards the provision of better services to the public.

	November 14 th -18 th	November 21 st – 25 th	November 28 th –December 2 nd
Monday	American Red Cross: Training Program in Accident & Emergency Responsiveness (1day) N30,000	Training Program on Patient Hospitality(1day) N7,500	Goal Setting & Project Management Skills (1day) N13,000
Tuesday	International Certification Training Program in Immunization APhA (USA) 2days N85,000/USD550	Training Program on Adherence, Concordance and Clinical Governance (1day) N7,500	Project Management in Health Care(1day) N15,000
Wednesday			Management and Organisational Behaviour (MOB) 1day N10,000
Thursday		Medication Therapy Management and Disease State Management: Diabetes Education(2days) N60,000	Responsibility, Authority and Accountability (1day) N12,500
Friday	Self branding & Superior Communication Skills' AM and 'Etiquette, Body Language & Simple Courtesies' PM (1day) N15,000 (full day) or N10,000 per session		

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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