

# LIVEWELL INITIATIVE

## NEWS BULLETIN

(RC 692490)

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## LWI CEO Update

**LWI Turns 5 on September 20<sup>th</sup> 2012 .....Hurray! 5 years of innovation and self-sustaining growth!**

Like a newborn babe, LiveWell Initiative LWI was born five years ago when on September 20<sup>th</sup> 2007, the organisation was inaugurated at MUSON Centre, Onikan, Lagos by the Honorable Commissioner of Health Lagos State, who represented His Excellency Governor Babatunde Raji Fashola, SAN. The inaugural which was well attended by a representative group of stakeholders including the WHO, Federal Ministry of Health, the Corporate Sector and intergovernmental organisations, midwived a new concept in healthcare – health literacy and health empowerment. LWI has since then come a long way, with new and innovative programmes which cut across the population spectrum. Among the new, innovative programmes of LWI in the past 5 years are, the **LWI DAUP** – Disabled and Underserved Project which led to the birth of the ‘Aloe Vera’ subsidised health insurance package for the informal sector of the economy; given at an exceptionally low price to market women, mechanics, and other informal sector players who place a premium value on improved access to healthcare. In addition, LWI launched its academy, the LiveWell Initiative Academy LWIA on February 10<sup>th</sup> 2011 under the auspices of the Central Bank of Nigeria Governor, Dr Sanusi Lamido Sanusi, *CON*.

Last year, the organisation introduced some new products including the Project Diabetes in line with Michelle Obama’s ‘*Let’s Move*’ – a project which links diabetes with obesity and encourages children (and adults) to eat well. An offshoot of this project is the unique LWI Nutrition and Wellness Training Programme which is taught in a pragmatic, hands-on approach, to students and their teachers.

The new products this year include the Patient Home Visits, introduced in January this year, with a visiting team made up of a Nursing Officer, a Health Officer and a Logistics staff. This service is very useful for ensuring regular basic health checkups for people who are in need or are too far from medical facilities. The project has escalated into a new product, the LWI easyhealth.

LWI **easyhealth** shall be launched at the 5<sup>th</sup> Anniversary celebration of LWI which comes up on 20<sup>th</sup> September 2012.

We shall keep you posted on **easyhealth**... the LWI package which makes healthcare access easy for all, at little or no cost.....

Watch out for LWI **easyhealth**.....just dial \*909# and reach us at 2348023184144

Thank you.

...**Get the LWI Smile, today!!!**

Bisi Bright  
CEO, LWI

**Did you know?**

**Fruits and vegetables are practically miracle foods, helping to stave off stroke, cancers, and heart disease**

## LWI visits Child Lifeline with Free Health, Communication and Self-esteem building Training

The LWI has been collaborating with the Child Lifeline, a centre of refuge for street kids, for almost a year now. The organisation, which provides hope for children sleeping in the streets, was introduced to LWI late last year by the American Women's Club. Since then, LWI has provided free monthly medical care and a free training programme for the destitute children, as a way of motivating them for behavioral change and a better future.

The objective of LWI in assisting the Child Lifeline, is to aim at taking the street kids off the streets, and towards making them better citizens. Some of the girls, who are pregnant or seropositive, need greater medical help beyond the LWI scope of assistance.

As part of the value added collaboration with Child Lifeline, LWI recently trained two Managers of the organisation free of charge at the Protea Hotel Ikeja GRA, during the Self Branding, Superior Communication Skills and Etiquette Training.

We wish the Child Lifeline the best of everything, and we shall continue to collaborate with them.

The healthcare and training programme was successful and great. We were able to counsel the children, and enlighten them on hepatitis, self-branding and communication skills. This was evident from their questions and comments.

*"I enjoyed the program, and was enlightened. I like the dressing, character and speaking abilities of the presenters. I am very happy I received medications"*

~ Wasu O. ~

*"It was enlightening and I am happy that some people in the society care about them."*

~ Ife A. ~

*"I pray for the organization in many words. I could not get enough money to afford medication and I am thankful that such thing was established."*

~ Taiwo O. ~

*"I was enlightened and given medications. I appreciate it a lot."*

~ Damilola A. ~



Damilola giving the lecture



Participants asking questions



Intern (Imole) giving a lecture



A participant (staffer) checking her Blood Glucose level



Blood Pressure Check



The kids being given free OTC medicines under supervision

# LWI Celebrates World Environment Day with Corona Schools at Agbara



The World Environment Day was celebrated with Corona Schools Agbara recently, on 23<sup>rd</sup> June 2012. The event which was marked with an environmental and tree planting exercise, by CEO LWI Mrs Bisi Bright and four other Special Guests of the Day, saw LWI partnering with Corona Schools by offering a Nutrition and Wellness Training Talk to over 400 students of the school.



In addition, LWI offered free healthcare services to over 100 staffers of the school, with free health checks, free counselling and free medicines to all attendees.

The nutrition and wellness talk was taken by LWI Regional Manager North, Mr Solomon Idowu who taught the topic with rhymes and chymes. To round up the very exciting programme, Mr Idowu went into a 'rapping session' with the food pyramid being taught to the students in a very exciting 'rap'. The programme ended with a highly motivated set of students and staffers at Corona School.



## How Healthy Are You?

- 1. What lifestyle changes may reduce a woman's risk of breast cancer?**
  - a. Staying trim as an adult.
  - b. Drinking a glass of red wine each day.
  - c. Getting moderate to vigorous physical exercise regularly.
  - d. A and C
  - e. There is little you can do to lower your chances of developing breast cancer
- 2. What percentage of your diet should fat make up?**
  - a. About 10 percent of your daily calories.
  - b. About 20 percent of your daily calories.
  - c. About 30 percent of your daily calories.
  - d. About 40 percent of your daily calories.
  - e. There is no recommended amount of fat; you should strive to eat as little of it as possible
- 3. Vitamin A is found in carrots and many other vegetables. What is vitamin A most useful for?**
  - a. Building protein
  - b. Building strong bones
  - c. Strengthening the immune system
  - d. Strengthening eyesight and helps prevent blindness
- 4. How often should you be doing some form of aerobic exercise each week?**
  - a. Once a month for 15 minutes at a time
  - b. Seven days a week for two hours at a time
  - c. At least three times a week for 30 minutes at a time
  - d. At least once a week for one hour at a time

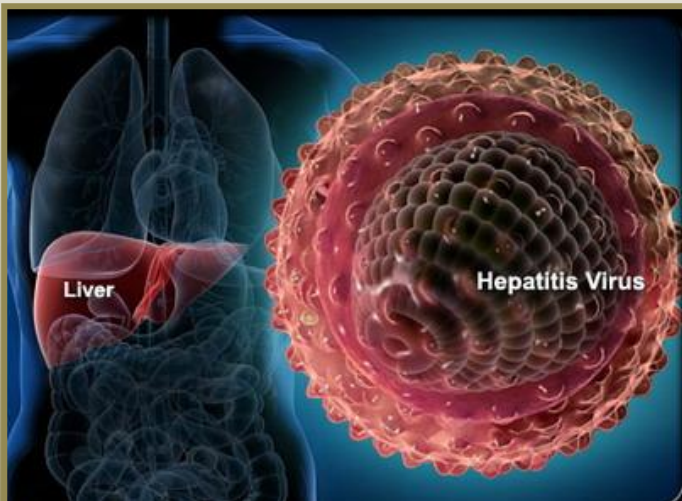


HOW DID YOU DO? FIND THE ANSWERS BELOW

1d, 2c, 3d, 4d

## ~News Tidbits~

**LWI Celebrates World Hepatitis Day with 'See, Hear, Speak' Concept** - Liver disease is becoming more prevalent in many populations. However, little is known or said about it. Due to the fact that the world does not speak enough



about this unique and silent killer disease called Hepatitis, the LWI celebrated World Hepatitis day on July 26<sup>th</sup> at its Operational office, with the 'See (no evil), Hear (no evil) and Speak (no evil) concept in line with the Guinness Book of Records concept, to wipe out hepatitis by creating increased awareness in 5,000 people at a time. At LWI, public health interns from University of Arizona (USA) and Babcock University respectively, were the anchors and lecturers at the World Hepatitis Day, through Awareness creation. At the end of the presentation, and in line with the 'See, Hear, Speak'...every intern promised to share the hepatitis news with at least 50 – 500 people who will in turn be expected to share the news with at least the same number each...until at least 5,000 people each hear about hepatitis, through the seed sown at the LWI World Hepatitis Day event, 2012.

**Hepatitis kills....spread the news and become an aw**

### LWI ACADEMY TRAINING CALENDAR 2012

Q 1 February 22 <sup>nd</sup> -25 <sup>th</sup>	Q 2 May 24 <sup>th</sup> - 27 <sup>th</sup>	Q 3 September 18 <sup>th</sup> -21 <sup>st</sup>	Q 4 October 23 <sup>rd</sup> - 26 <sup>th</sup>
International Certification Training Program in Immunization APhA (USA) 2days <b>N75,000</b>	Medication Therapy Management and Disease State Management: Diabetes Education(2days) <b>N55,000</b>	*Training Program on Patient Hospitality(1day) <b>N15,500</b> Training Program on Entrepreneurship, Innovation & Economic Development <b>N15,500</b>	Project Performance Management (2 days) <b>N35,000</b> Emotional Intelligence & Competitive Advantage <b>N17,500 (1 day)</b>
American Red Cross: Training Program in First Aid / CPR * (1day) <b>N27,500</b>	Project Management in Health Care(1day) <b>N15,000</b> <b>OPEN FACULTY - Internships</b>	Self Branding & Superior Communication Skills* AM and *Etiquette, Body Language & Simple Courtesies* PM (1day) <b>N24,500 (full day) or N15,000 per session</b>	Management and Organisational Behaviour (MOB) 1day <b>N18,500</b> Goal Setting & Project Management Skills (1day) <b>N18,500</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>N15,000</b>	Goal Setting & Project Management Skills (1day) <b>N18,500</b> Nutrition & Wellness Training (half day) <b>N10,000</b>	Responsibility, Authority and Accountability (1day) <b>N18,500</b> American Red Cross: Training Program in First Aid / CPR * (1day) <b>N27,500</b>

\*Personalised and Customised Classes available at negotiable rates.

\*\*Group discounts and Early Bird Discounts negotiable

#### 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?

For more information, contact

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