

INFORMATION & COMMUNICATION DIRECTORATE

MEDIA ADVISORY

African Union Healthy Lifestyle Day 2025

WHAT

The African Union Healthy Lifestyle Day 2025 will be held under the theme: ***Mental Health in the Family*** with the slogan: ***Healthy Home, Healthy Workplace***. The event aims to promote family-centered mental health and overall well-being among AU staff and participants, highlighting the importance of mental wellness in both home and workplace settings. The program will feature workshops, seminars, interactive stations, physical activities, entertainment, health screenings, and consultations.

WHEN

10 October 2025, 09:00 – 16:00 (GMT+3)

WHERE

AU Headquarters, Addis Ababa, Ethiopia

CONTEXT

Africa Healthy Lifestyle Day is an annual event endorsed by Executive Council Decision No. EX.CL. Dec.436 (XIII) in July 2008. It aligns with the WHO Strategy for the Prevention and Control of Non-Communicable Diseases (NCDs).

This year, the AU Medical Health Service Directorate (AUMHSD), in collaboration with the AU Staff Association, is dedicating the event to **Mental and Emotional Wellness**. Given the rising demands of workplace responsibilities, staff are increasingly susceptible to mental health challenges, which if unaddressed, can significantly impact productivity, well-being, and institutional performance. African Union Healthy Lifestyle Day provides a platform to promote preventive mental health practices and foster supportive family and workplace environments.

OBJECTIVES

The event aims to:

- Raise awareness on the importance of mental health within families and its impact on workplace wellness.
- Encourage adoption of healthy lifestyle choices that support mental well-being.
- Provide education on family-centered mental health practices, including stress management and emotional resilience.
- Foster connections among participants to share experiences and resources.
- Reduce stigma around mental illness and promote help-seeking behaviors.
- Connect attendees with local mental health organizations and wellness resources.

PLANNED ACTIVITIES

- Workshops and seminars on stress management, resilience, and coping mechanisms.
- Keynote addresses and opening remarks by AU leadership.
- Interactive stations including breathing and relaxation exercises, art therapy, and health booths.
- Physical activities such as Zumba sessions, group walks/runs, and sports tournaments.
- Engagement activities for sharing experiences and connecting with mental health resources.
- Distribution of informational materials (flyers, brochures, and standing boards).

EXPECTED OUTCOMES

- Increased awareness about family-centered mental health.
- Improved understanding of the connection between home environments and workplace wellness.
- Enhanced participation of staff in mental health services.
- Strengthened internal wellness systems and family-inclusive support programs.

PARTICIPANTS

The event will bring together AU staff members and their dependents, African Member State Embassies and family members, AU organs including Africa CDC, regional bodies, partner organizations, and stakeholders from the AU Staff Association and Spouse Association.

CONTACT INFORMATION

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