



## AFRICA HEALTHY LIFESTYLE DAY

**Theme: “YES FOR LIFE”**

### **PROGRAM**

#### **Thursday 7<sup>th</sup> MARCH 2013**

16.00 – 17.00 hrs. :Health Education on the following topics:

- “Prevention of Type 2 Diabetes”
- “Hypertension & Dyslipidemia”

#### **Friday 8<sup>th</sup> MARCH 2013**

09.00 – 17.00 hrs.: Distribution of advocacy materials

16.00– 18.00 hrs. : Open air Aerobics with a trainer

#### **Saturday 9<sup>th</sup> MARCH 2013**

07.30 : Gathering at the AU compound

08.00 : Departure by buses to Arat kilo

08.30 – 11.00 hrs: Group walking from Arat Kilo to the AU compound

12:00: Speech by the Director of Medical Services/Commissioner of Social Affairs



**“ YES FOR LIFE ”**