



**COMMEMORATION OF THE AFRICAN HEALTHY LIFESTYLE DAY 2018,
16TH MARCH, 2018, COMMITTEE ROOM 1, OLD AU CONFERENCE CENTRE**

DRAFT PROGRAMME

- 9:00- 9:30 a.m.:** Arrivals
Distribution of event materials

Master of Ceremony: Dr. Raji Tajudeen
- 9:30- 9:50 a.m.:** Welcome Remark by Dr. Yankuba Kassama, Director AU HMSD

Presentations
- 9:50-10:20 a.m.:** Presentation 1 on Work life balance by HR: Mrs. Fatma Yusuf, HR Senior Talent Development and Succession Planning Officer
- 10:20- 10:50 a.m.:** Presentation 2 on Achieving Work Life Balance by Sr. Maria Msibi, Head Nurse, AU MHSD
- 10.50- 11:10 a.m.:** Opening Remark by H.E. Quartey Thomas Kwessi, Deputy Chairperson of the Commission

Family photo and Tea break
- 11: 10- 11:40 a.m.:** Discussion on the 2 presentations
- 11:40- 12: 40 p.m.:** Presentation 3 and discussion: on Learning and practicing proper body posture and alignment at work place, by Ms. Ruth Ayalew, Teacher and Coordinator, Spine Health Ethiopia
- 12:40- 12:50 p.m.:** Closing Remark by Dr. Brook Tsehay
- Afternoon session**
- 16:00- 17:00 p.m.:** Aerobic sessions (Open space in front of Building B)