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Special Release

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**RE: HEALTH RALLY/CAMPAIGN FOR HEALTHY LIVING/HEALTHY LIVING
DAY: APPRECIATION & FOLLOW UP**

In continuation of the **University of Ibadan Institutional Journey of Health**, the **University Health Service** wishes to encourage growing and continuous adherence to principles and practice of healthy living through:

- (1) **Branding of Faculty/Centre/Unit for Wellness** using Roadside and Roll up banners, Graffiti etc. **Alumni groups or Organisations may be approached** for support. **UHS team is also available for creation of stylish and locally applicable slogans and phrases.** At current prices, a roadside banner is ₦15,000.00, roll up banners about ₦60,000.00 while graffiti on portions of the wall ranges from ₦100,000.00.
- (2) **Support of the use of healthy refreshments** including fruits, during official events.
- (3) **Fostering a friendly environment** that promotes all round well-being.
- (4) **Ensuring adequate and regular exercise** for a healthier you.
- (5) **Eating healthy and drinking water adequately.**
- (6) **Complying with other principles of healthy living.**
- (7) **Maximizing the ongoing health check/monthly health screenings and follow up** for all staff.
- (8) **Supporting the UHS** for pleasant experiences, faster recovery etc. (**Ask the Director how**).
- (9) **Organising Health Rallies.**
- (10) **Preparing to observe University Healthy Living Day** as an **annual** event henceforth.

Your commitment to healthy living inspires others. Healthy living is **also an investment** for a healthy future free of preventable illnesses, diseases and deaths. Let's **therefore continue** to prioritize well-being and create positive impact in our community.

Thank you.

G.O. Saliu, fspsp, FCIML, MANUPA, MNIM, MAUA
Registrar and Secretary to Senate