

## Upcoming events

DHS ends the year by partnering with Catholic Action Committee on AIDS (CACA) to run free clinics in Sabon Lugbe, FCT on 1st December as they celebrate World AIDS Day.

What a roller coaster year we have had! This is why we are taking a much deserved break. We wish all our friends, members and supporters a great holiday and a successful new year.

## Past Events

World Diabetes Day have come and gone. It was the highlight of our work year and lasted the whole of one week (Monday 8th-Sunday 14th November) taking us from one end of Lagos to the other. We benefitted the Ikoyi Club 1938 Golf Section for a total of one week benefitting 399 people.

In Ireodun market( Ikotun) we benefitted 308 persons.



Showing our gratitude to Fourpoints by Sheraton (our generous sponsors) we benefitted 142 members of their staff.

Finally we benefitted 549 members of NASFAT at the State Secretariat Mosque, Alausa. This brought us to a closing total of 1,398 beneficiaries.



With that we wrapped up our World Diabetes Day chain of events, packed up and returned to Abuja. Please remember people that the point of our fund-raising activities this year was to raise **N60M (Sixty Million Naira)** to set up a help clinic/operational office in Lagos like we have in Abuja where people can walk in and access free help with diabetes and hypertension and also take the next step of providing year long medical care for 2 500 sufferers who are low income earners under our new **DHS Full Cycle Project**.

Please watch out for our Appeal Letters and do benefit us with your generous contributions. Nothing is too little, every bit counts.

## Quick health tips

Having sex can be heart healthy. A number of studies show that sexual activity adds more than pleasure to your life. It can actually lower your blood pressure and your risk for developing heart disease.

Dancing raises your heart rate, burns some calories (between 150-300 calories an hour), and makes for a great heart healthy workout. Don't be shy even if you cant dance, dance away all the same!

Studies have shown that including fish with omega-3 fatty acids (i.e. salmon, herring, sardines, and to a lesser extent tuna) into your diet can reduce the risk of dying from heart disease by a third or more.

## Announcements

### DHS Holiday Break

DHS will be closing for the holidays on Thursday 16th December 2010 until Monday 10th January 2011. Happy holidays!

### DHS on TV

Don't forget to join us on AIT, KAAKAKI every Tuesdays and Thursdays by 7am for AT HOME WITH DHS (Our very entertaining and informative TV health segment), ITV Abuja on Mondays and Fridays 9.45am.

### On Print

Leadership Newspaper on Mondays and National Assembly Legislative Digest

Stay healthy and remember that at DHS; We Help Because We Care!

### Support us

Support us and help bring better health to all Nigerians. There is no wastage. In whatever shape and whatever means your support comes to us, we and our beneficiaries will be thankful to have it. You can also partner with us to run free mobile clinics to your locality.

Place your announcements and adverts in our newsletter. Catch you next month!