

WFWP UK: The UN's International World Health Day Seminar *Healthier Living*

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The UN's International World Health Day Seminar "Healthier Living," took place on April 6th, 2024, in London, and beautifully echoed the theme for World Health Day 2024: "My health, my right."



The seminar was a heartwarming call to empower individuals worldwide to claim their right to a healthier life, highlighting the importance of personal responsibility in matters of health.

Ms. Oksana Torok warmly welcomed the audience and introduced the speakers. During the event, engaging discussions centred around various key topics. Participants delved into the impact of educational initiatives and efforts with women in Nigeria, recognizing the transformative power of knowledge and empowerment in improving health outcomes with Dr. Oko. The notion that caring for one's health is an act of love struck a chord with all attendees, as with Rosaleen Bloomfield as an inspiring speaker, deep connection between self-care and self-love was intellectually nurtured.



Moreover, strategies to prevent burnout, by WFWP educational representative Ena Softic, were explained in a simple, yet deeply meaningful way. When it came to representing women and their stages of life, Dr. Sharma has delivered an effective way to manage menopause, sharing the importance of holistic wellbeing and self-care practices.

The significance of health products and nutrition in maintaining overall well-being was also highlighted, with Martina Coombs underlining the role of accessible and effective healthcare solutions in promoting a healthier lifestyle as well as preventative measures over cure.

As far as holistic treatments go, speaker Bianca Madison-Vuleta has highlighted the importance of relying on self-sufficiency, trusting your body and empirical measurements of health and its connections to our overall wellbeing.

Over the tea break, attendees had the chance to engage in networking, and healthy snacks were provided. The seminar was met with enthusiasm and positivity from the audience, reflecting a successful and impactful engagement with these critical health topics. The event succeeded in inspiring individuals to take charge of their health, encouraging a sense of empowerment and advocacy for a healthier and happier life for all.