

WFWP NJ - United Nations World Health Day Event in Clifton

Cynthia Nakai and Irmgard Baynes
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In recognition of United Nations World Health Day on April 7 - commemorating the founding of the World Health Organization in 1948 - NJ WFWP organized a local program dedicated to educating women on important health issues.



Seventeen participants gathered at the Allwood Library in Clifton on Saturday, April 11. The program opened with a seasonal reflection on spring, highlighting how daffodils are among the first flowers to emerge through the snow, symbolizing hope and renewal. This message served as a reminder that, with patience and endurance, brighter times follow even the most difficult seasons.

Pastor Barbara Robertson encouraged participants to listen inwardly and recognize their personal needs. She led a session of meditation and relaxation exercises, emphasizing that we cannot effectively care for others if we ourselves are depleted.

Dr. Pallavi Rajpurohit, a dentist from India, shared practical guidance on maintaining good oral health. She explained that while brushing after every meal may not always be possible, rinsing the mouth after eating is beneficial. She also recommended biannual dental checkups and daily flossing. Her presentation was followed by an engaging question-and-answer session.



Bringing energy and enthusiasm to the group, Lauren Ruggiero led a Zumba Gold session. She noted that this year marks the 24th anniversary of Zumba, which originated in Colombia, South America. The activity brought joy and vitality to all participants.

WFWP NJ volunteer Irmgard introduced the Sunhak Peace Prize, established in 2013 by Hak Ja Han Moon. She shared an introductory video outlining the Prize's mission to address global challenges such as conflict, poverty, and environmental degradation by promoting a forward-looking vision of peace. Rooted in the ideal of "One Family Under God," the initiative encourages dialogue and cooperation over division and competition.

Irmgard also highlighted Gino Strada, a 2017 laureate of the Sunhak Peace Prize. As the founder of EMERGENCY, an international humanitarian

organization, Dr. Strada has helped provide free, high-quality medical care to more than nine million people, particularly in war zones and underserved regions.

Participants were deeply moved by a video from EMERGENCY USA showcasing the organization's impactful work in Central Africa, Afghanistan, and, since 2024, in Gaza and Ukraine.

Each attendee received a folder of educational materials from the program, along with an invitation to participate in future WFWP activities.

The WFWP NJ chapter also expressed sincere gratitude for the generous donations of dental hygiene items. These contributions will be distributed to a local organization supporting homeless families.