



DEPARTMENT OF HEALTH AND SOCIAL Affairs

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"Walk For Your Health".

The Department of Health and Social Affairs NCD and Lifestyle Unit is pleased to announce a new initiative to combat the growing incidence of NCDs (Diabetes, hypertension, Cancer, obesity and coronary heart diseases) for the FSM National Employees at the national complex starting Monday October 30, 2011. This is open to everyone who wish to join. The new initiative is called *"Walk For Your Health"* and it is on Mondays, Wednesdays and Fridays. The walk starts at the parking lot in front of the national police and goes down towards Lewejik and turns up to COM Campus and returns back to the national compound. Walk starts at 4:00pm, however in the event of rain, walk will be cancelled and you can exercise on your own at your own time. It's about one to two hours walk depending on how fast you walk. Monday afternoon at three registration will begin in front of the Department of Health and Social Affairs with free screening for blood glucose. When you register you will receive a water bottle and a pedometer free so come one come all and let's enjoy the evening walk.


Dr. Vita A. Skilling
Secretary