

## Letter of Invitation to Partner & Attend

### Launch of Fitness Revolution & Use of the University of Nigeria, Enugu Campus (UNEC), as Venue for BWS ANNUAL GO-PINK DAY, FITNESS FIESTA.

We have noticed a trend of 'Sudden Death', amongst Lecturers, at the University of Nigeria, Enugu Campus (UNEC), which we know is benchmarked on the prevalent; 'Sedentary Lifestyle' of most Lecturers! Literature has proved that sedentary lifestyle is the driver for Non-Communicable Diseases, which are otherwise known as 'SITTING DISEASES', just to emphasize their association to many hours of sitting without any movement!

These diseases are; Stroke incidents, Heart Attacks, Hypertension, Diabetes, Premature aging diseases (degenerative diseases such as arthritis), Chronic Kidney Diseases, Asthma & Cancer! I am sure you will agree with me, that a Strategy to reduce these lifestyle-related risk factors through instigating a UNEC- FITNESS REVOLUTION will be a welcome innovation, capable of changing the paradigm in the long term!

It is our desire to Launch this, FITNESS REVOLUTION, on 14th October 2023 as part of our: BWS ANNUAL GO-PINK DAY, FITNESS FIESTA, & subsequently sustain this culture through a Weekly Fitness Program, run by our CANCER FRIENDLY & WELLNESS CENTER, at THE CHARITY HOUSE/ UNNCECT COMPLEX (UNN CENTER OF EXCELLENCE FOR CLINICAL TRIALS), opposite COSCHARIS Building at the University of Nigeria, Enugu Campus (UNEC)

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 BWSinternational1@gmail.com

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The Launch is proposed for **Saturday 14th October, 6:30-9am!**

**Venue: White House, UNEC** and it will be our greatest pleasure if you can be Our Special Guest and a beneficiary!

There will be the following FREEBIES;

- ✓ Free breast cancer screening
- ✓ Free medical consultations
- ✓ Free medical tests
- ✓ Free medications
- ✓ Free Dental checks
- ✓ Free Hepatitis Screening
- ✓ Free Face Cap (first 30 attendees)
- ✓ Free Prostate Screening for men
- ✓ Free Exciting Impactful Aerobics & Dance sessions [that are tailored & 'Age Appropriate' to accommodate, all age groups!]

**Dress Code:** A Sporty outfit with a touch of Pink! or the BWS Branded T-Shirt/Caps to be bought at cost of N8,000 and N2,000 respectively! This can be paid for & collected from below:

Tobenna Onyemeh

Bank: Fidelity Bank

Account No: 6173181318

[Please send proof of payment to: TOBENNA on +234 805 388 8343 for proper documentation]

To see how you can further partner, see our attached budget!!!

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Thank you, as we anticipate your usual enthusiastic & prompt support!!

My Best Regards & Respects



**PROFESSOR IFEOMA OKOYE, MBBS, FWACS, FMCR**

- Professor of Radiation Medicine, College of Medicine, University of NigeriaNsukka (UNN) & University of Nigeria Teaching Hospital Enugu (UNTH) |
- Director: University of Nigeria, Nsukka Center of Excellence for Clinical Trials (UNNCECT) |
- Editor, West African Journal of Radiology [WAJR] and Journal of Medical Women Association of Nigeria [J-MWAN] |
- Social Entrepreneur of International Acclaim and Ashoka Fellow |
- Initiator: International Cancer Week (ICW) in Nigeria |
- Member of the TWG & National Implementation Committee on Cancer Control (NICCC) |
- Member of The Cancer Health Fund (CHF) |
- Founder/Initiator: Founder: 'Breast Without Spot' [BWS] Initiative (A cancer focused not-for-profit) & Association for Good Clinical Practice in Nigeria [AGCPN] |
- Co-Director, Bone Marrow Donor's Registry [BMRN]
- Past Observer to the Board of Union for International Cancer Control (UICC) |
- Chairperson, Nigerian Clinical Trial Technical Working Group |
- Convener, African Clinical Trial Summit & the African Clinical Trial Consortium [ACTC] |
- Fellowship Pastor/Shepherd /GAD of the LBD Ministry & Provost, Parcels Academy of the

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LBD Institute |



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Budget for Pinky Fitness Fiesta 2.0 and Launch of BWS-UNEC Fitness–Revolution.

S/N	Item	Description	Unit Price	Total Sum
1.	DJ & Sound	-	-	N40, 000
2.	Master of Ceremonies	-	N20, 000	N20, 000
3.	Photography & Videography	-	N120, 000	N120, 000
4.	E-flyers	5 Countdown Fliers; 1 Main Event Flier; 1 Backdrop Design		N24, 000
5.	Dance Instructor	To be utilized for Dance Classes	N20, 000	N20, 000

S/N	Item	Description	Unit Price	Total Sum
6.	Aerobics Instructor		-	-
7.	Refreshment for 200 participants.	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Bottled Water</li> <li>• Sachet Water</li> <li>• 5 cartons</li> <li>• 10 bags</li> </ul>	<ul style="list-style-type: none"> <li>• N200</li> <li>• N1, 500</li> <li>• N2, 500</li> </ul>	<ul style="list-style-type: none"> <li>• N40, 000</li> <li>• N7, 500</li> <li>• N2, 500</li> </ul>
8.	Canopy Services	To be used for:		
	<ul style="list-style-type: none"> <li>• Double Sized Canopy x 3</li> <li>• Chairs (20pcs)</li> <li>• Tables (10pcs)</li> </ul>	<ul style="list-style-type: none"> <li>• Registration Area</li> <li>• High Table</li> <li>• Refreshment Area</li> </ul>	<ul style="list-style-type: none"> <li>• N5, 000</li> <li>• N50</li> <li>• N300</li> </ul>	<ul style="list-style-type: none"> <li>• N15, 000</li> <li>• N1, 000</li> <li>• N3, 000</li> </ul>

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9.	Backdrop & Stage Decorations <ul style="list-style-type: none"> <li>• Renting of Wooden Stage (4ft by 8ft) + transportation</li> <li>• Renting of Rug for Stage</li> <li>• Construction of Support for Backdrop Flex</li> <li>• Renting of Rug for the backdrop flex</li> </ul>	-		<ul style="list-style-type: none"> <li>• N7, 000</li> <li>• N6, 000</li> <li>• N5, 500</li> <li>• N6, 000</li> </ul>
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S/N	Item	Description	Unit Price	Total Sum
	<ul style="list-style-type: none"> <li>• Light Decoration for the Backdrop Flex</li> <li>• Printing of Backdrop Design (8ft by 8ft)</li> <li>• -Road Show (From Council Bustop, Obiagu – UNEC and Grounds and its hotspots.) <b>for publicity</b></li> </ul>			<ul style="list-style-type: none"> <li>• N2, 000</li> <li>• N8, 000</li> <li>• N100, 000</li> </ul>
	Grand Total			<b>N427, 500</b>

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