

Breadwinning and Well-Being: The Imperative for Women to Prioritize Their Health

Oprah Winfrey once said, "As a woman, you hold the power to change your world and those around you. Prioritizing your health is not just a choice; it's a responsibility to nurture the future you wish to create."

In the modern world, women are increasingly embracing the role of breadwinners, making significant contributions to their families' financial stability. This transition is empowering and essential, but it brings forth unique challenges, one of which is the need for women to strike a balance between providing for their loved ones and safeguarding their own health and well-being. In this article, we explore why it's crucial for women to prioritize their health even as they work diligently to secure their families' daily bread.



FROM THE E.D'S DESK
Oguadimma Ijeoma Joy

**"Your health is your wealth,
and your well-being is the
foundation upon which you
can build a future of
abundance for both yourself
and your loved ones."**

As women step into various professional fields and often serve as primary breadwinners, they do so with aspirations of economic independence, career advancement, and a commitment to providing the best possible life for their families. However, in the pursuit of career success and financial security, women may unintentionally neglect their physical and mental health.

This phenomenon can manifest in various ways. The demands of work, household responsibilities, and caregiving often leave little time for self-care, exercise, or medical check-ups. The pressure to perform both at work and home can lead to chronic stress and burnout, which, over time, can have severe health implications. In the rush of daily life, women might resort to unhealthy coping mechanisms such as skipping meals, binge-eating, or relying on comfort foods.

Prioritizing health isn't just about well-being; it's a fundamental investment in long-term prosperity. As role models for their families, women who prioritize their health set a powerful example for their children, teaching them the value of self-care. Healthy women can continue to excel in their roles as breadwinners, maintaining a stable source of income for their families, preventing burnout, and offering both economic and emotional security.

In conclusion, the imperative for women to prioritize their health alongside their roles as breadwinners cannot be overstated. By doing so, women not only secure their own well-being but also ensure the long-term prosperity and happiness of their families. Achieving this balance requires intentional efforts, but the rewards are immeasurable: a healthier, happier, and more successful life for women and their loved ones.

Remember, by taking care of your health, you're not just securing the daily bread but also enriching the quality of life itself. Striving for balance is a worthy endeavor that promises fulfillment, success, and well-being for both women and the families they cherish.

Empowering the Next Generation: Investing in Girls' Rights and Leadership

To commemorate the International Day of the Girl Child under this year's theme, 'Invest in Girls' Rights: Our Leadership and Well-being, Women Empowerment Education and Peace Building Initiative (WEPBI), with the generous sponsorship from Global Affairs Canada and support from Action Aid, hosted the State of the Nigeria Girls Summit (#SONGS) on the 12th of October 2023, in Enugu North Local Government Area, Enugu State

The event featured a Focus Group Discussion and a Panel Conversation, bringing together key stakeholders from diverse schools and communities to champion the rights, empowerment, and well-being of our girls.



WEPBI NEWSLETTER

OCTOBER
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Transforming Lives: Empowering the Community through Skill Acquisition

In a heartening display of community support, Impact Haven, in partnership with Harvest Facility Management and Women Empowerment Education and Peace Building Initiative (WEPBI), organized a highly successful two-day skill acquisition program on October 13th and 14th of October, 2023 in the Igbo-Eze North Local Government Area of Enugu State. The initiative, which forms part of Impact Haven's annual Project PAWAF (Poverty Alleviation for Widows and Fatherless), focused on equipping widows and fatherless individuals with valuable skills to enhance their livelihoods. The program covered a range of essential life skills, including shoe production, makeup artistry, bead design, and soap making.



WEPBI Celebrates International Day of the Girl Child.



WEPBI proudly hosted another empowering program in commemoration of the International Day of the Girl Child, and we're thrilled to share some highlights from our Capacity Building Program held at City Girls Secondary School in Enugu on October 27, 2023.

The program marked a resounding success, as we empowered these remarkable young girls with knowledge, skills, and the confidence to evolve into leaders, change-makers, and peace ambassadors within their communities. Our firm belief is that by investing in their education and well-being, we are laying the foundation for a brighter future for all.



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WOMEN EMPOWERMENT EDUCATION AND PEACE BUILDING INITIATIVE
(WEPBI)

presents

DINNER FOR YOUNG ENTREPRENEURS AND LEADERS

6th
Edition



Dinner Attractions

- Digital marketing
- Free Exhibitions
- Business connections
- Business strategies
- Games and lots more.....

Registration
N 3,000

ACCOUNT DETAILS:

Name: Women Empowerment
Education and Peace Building
Initiative

0303161302
GTB

Date - 24th November 2023

Venue
Roots Restaurant, Opposite
Spar,
Independence Layout,
Enugu
Time : 5pm

For more enquiries call - 07066097045

This is your chance to connect, collaborate, and celebrate with like-minded visionaries who are shaping the future of business. Don't miss out on an evening that promises to ignite new partnerships and unforgettable memories.

Let's make waves in the world of entrepreneurship and have a blast while doing it!

WEPBI NEWSLETTER

OCTOBER
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EDITION

WOMEN EMPOWERMENT EDUCATION AND PEACE BUILDING INITIATIVE (WEPBI)



Presents

ONE GIRL, ONE PAD

The ONE GIRL ONE PAD PROJECT which is a brain child of Women Empowerment Education and Peace Building Initiative(WEPBI) was borne out of the organization's passion to ensure that young women especially those in the rural areas have access to good menstrual hygiene. Poor menstrual hygiene has remained a topical issue that have not been given the much needed attention.



We therefore solicit for your support:

Fidelity bank

Account Name : One Girl One Pad Project

Account Number: 5700038066



Menstruation is an Inevitable Part of a Woman's Life !!

DONATE A PAD TODAY!!!

For Sponsorship/Inquiries Call 07017989093, 07066097045



WOMEN LEADERSHIP ACADEMY



CALL FOR REGISTRATION

SOME LEADERS ARE BORN WOMEN, MAKE GOOD USE OF THIS GOLDEN OPPORTUNITY AND REFINE YOUR LEADERSHIP POTENTIALITIES AS A WOMAN



This is a special call for all young women who aspire to be great leaders, use this golden opportunity to equip yourself for the future.

Click on the link below to register:

<https://wepbi.com/en/women-leadershipacademy-registration/>

for more information call
07017989093



WOMEN EMPOWERMENT EDUCATION AND PEACE BUILDING INITIATIVE (WEPBI)

We are hiring motivated and creative individuals to join our team as volunteer staff for the following positions :



- Finance Officer
- Programs Officer
- Communication Officer



Send your CV to:
www.wepbi.com

For more inquiries call: 07017989093




APPRECIATION
Special thanks to
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