

Matembe to grace Monitor Health Camp

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KYENJOJO. *Saturday Monitor's* Full woman magazine, which reaches out to today's vibrant woman, has organised a one-day health camp dubbed: "Can You Have It All? A Healthy Lifestyle, Successful Career and Relationship."

The camp which is scheduled to take place on Saturday October 28, 2017 from 9am to 5pm at Kampala Serena Hotel, Victoria Hall, is a way of giving back to Monitor readers by availing them a platform to learn and acquire information on different health and lifestyle issues. It is expected to attract more than 2,000 attendees, 200,000 newspaper readers, and 400,000 on its online platform, among other stakeholders.

At the camp, a full exhibition session has been planned and a group of panelists (specialists, practitioners and exhibitors) will engage in discussions related to



"We are honoured to host our esteemed readers to share their experiences with other vibrant women and be empowered at the Full Woman camp," ANGELA NAMPEWO, FULL WOMAN EDITOR.

health, career growth and relationships. The chosen theme will enable readers to take personal responsibility in order to live a "full life."

Ms Miria Matembe, a former Ethics minister and human rights defender, is the chief guest. "I am happy to be part of this event because it is for and about women," says Ms Matembe.

Among the panelists expected at the camp is Ms Emma Mugisha, who has more than 15 years of banking experience in Uganda and Kenya. Ms Mugisha, who will talk about having a fulfilling career, is a mother of three. She is an advocate for investment and likes to access

alternative sources of income.

Dr Catherine Nanono, a clinical nutritionist and a specialist in weight management, will be on hand to address issues of health and nutrition. Dr Nanono is the proprietor of Cathy's Wellness Centre in Kampala.

On relationships

To answer questions on relationships, Senga Hamidah Namatovu, a panelist on NTV's breakfast show and Kojja Ibrahim Semakula of Ddembe FM will be at the camp.

"Some women especially the educated are failing to sustain potential partners and they do not know why. Some of those in relationships are battling ego issues," says Semakula, adding that he hopes to guide women on the qualities to look out for when choosing partners, and to advise those who are already married on how to make their relationships better.