

**Monday, March 02, 2015.**

## **FNU UniClinic, Welfare, Wellness Centre launched**

Staff and students of the Fiji National University won't have to travel long distances to receive medical treatment or check-ups following launch of the University UniClinic, Welfare and Wellness Centre earlier this morning on Nasinu Campus.

FNU's acting Vice Chancellor, Professor Ian Rouse officiated at the opening ceremony said the initiative is to ensure staff and students are healthy and enjoy work and study.

"Staff and students are a valuable resource to the University and this (the centre) will encourage them to stay healthy to better enjoy work and study," said AVC Rouse.

Today's event coincided with FNU's "Health Screening Program" an initiative which will run this month across all campuses.

"I encourage staff and students to come along and get screened so they are aware of where they stand with their health," said Professor Rouse.

He added that various programs have been introduced to encourage wellness of staff and students including Zumba sessions at the FNU UniStudio Campus in Raiwai every Fridays.

"One of this Fridays I will also hop in the bus and go for the Zumba session; these are exciting sessions but it is for our wellbeing."

Dr Josaia Qovu, one of the operating General Practitioners said the centre will also help in the fight against Non-Communicable Diseases (NCDs).

"FNU is keen in looking after the wellness of its staff and students and it is in the effort they give that we will be able to fight against NCDs. It is on lifestyle so we will create more health awareness and more wellness programs," he said.

The Medical Screening program includes;

- A health and lifestyle questionnaire
- Height, weight, BMI measurements
- Blood pressure
- Waist, hip ratio
- Individual personalised advice on how to reduce risks and dietary advice
- Basic blood test – full blood/lipid studies/glucose
- Follow up on known NCD cases
- Update on wellness program
- Update on revised welfare policy

The Health Screening Program is free of charge and is on a voluntary basis.

For more information, please contact Communications Office of 3393110.