

With a positive response from collaborators the “Healthy Feeding” campaign was brought about on Wednesday the 13th at the Central Office. This activity which drew 106 collaborators was led by the medical department encharged to Dr. Mario Santana, a labor physician whose objective is to promote a health prevention culture while still healthy and therefore avoid illnesses such as diabetes, high blood pressure, obesity and others which, if not detected on time can be harmful to your health.

During the 2 hour working day and with the steadfast support of Bachelor Leydi Sudario and the Tecnologico Bolivariano nursing students a basic medical control was broughrt about which consists of blood pressure control, weight, height, mass corporal index and a fast glucose test. Thsose in assistance were given results so as to conduct control.

“Another objective is to help people identify their weight level, stimulate habit formations which improve their quality of live, reduce overweight levels and obesity among the Central office employees”, Dr. Santana pointed out, making it clear that he will continue to motivate collaborators to exercise care in their feeding habits and that new results will be verified at the next occupational medical appointment.