

## THE BIG STORY

A WEEKLY PUBLICATION FROM THE MEDIA DESK

## NIMC Staff Multipurpose Cooperative Society Limited Bags Housing Circuit Magazine Award



DO YOU NEED TO LOSE **WEIGHT?** 

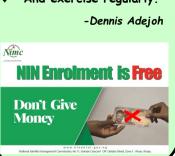
Here are some useful tips from the Resident Doctor. Dr. Chika Anozie on what you need to know:

- WHAT IS YOUR BODY MASS INDEX?-Weight (kg)/height(m)
- 2. WHAT IS YOUR WAIST CIRCUMFER-ENCE?
- **YOUR** 3. WHAT IS WAIST-TO-HIP RA-TIO (WHR)?

# IDEAL WAIST CIRCUM-FERENCE: 40 INCHES FOR MEN , 35 INCHES FOR WOMEN.

# IDEAL WAIST-TO-HIP **RATIO: 0.9 FOR MEN, 0.7** FOR WOMEN

- Being overweight puts you more at risk of high blood pressure, type 2 diabetes, high cholesterol and heart attacks.
- Every 1kg lost significantly reduces your risk of heart disease
- Get active, eat healthy and move more!
- Exercise regularly
- Exercise regularly
- And exercise regularly.





R-L:President, NIMC Cooperative Society, Mr. Bala Mohammed Adamu, General Secretary, Mr. Nwokpor Chukwuka Mbam, the Treasurer, Mrs. Idam Dorothy Nnennaya and the Financial Secretary, Mr. Ibrahim Lukman Gbadebo at the Housing Circuit Magazine Award Night at Abuja

Earlier this week, the National Identity Management Commission Staff Multipurpose Cooperative Society received an award from the Housing Circuit Magazine at the Sheraton Hotel, Abuja.

■he award, which was in the Upcoming Award Category was received by President of the Cooperative Society, Mr. Bala Mohammed Adamu, who was accompanied by the General Secretary, the leadership of Mr Bala Mr. Nwokpor Chukwuka Mohammed Adamu was found

cuit Magazine.

The event themed "Social Housing as a Platform for Na- Other distinguished awardees tional Development" was put present at the event were together to recognize the the Managing Director, Fedcontributions and notable eral Mortgage Bank of Nigeof achievements within Nigeria's housing sec- wa, the Executive Secretary, tor, deliberate on ways to Federal Government Staff make housing affordable and Housing Loans Board, available for Nigerians and (Mrs.) Hannatu A. Fika, Execcreate an atmosphere for utive Director, Brains and interaction with friends and Hammers Limited.

According to the Managing Mortgage Director/Chief Executive Officer, Housing Circuit Limited, Mr. Seun Jegede, the Cooperative Society, under amongst others. the leadership of Mr Bala

Mbam, Financial Secretary, worthy of the award since it Mr. Ibrahim Lukman Gbadebo, has been able to set and and Treasurer, Mrs. Idam achieve her core objectives, Dorothy Nnennaya. The award which are; to be the leading was part of activities to com- cooperative society in Nigememorate the 10th year anni- ria, provide welfare services versary of the Housing Cir- to her members and provide affordable houses through the National Housing Fund.

persons ria, Arc. Ahmed Musa Dangiwell-wishers of the Magazine. Ifeoma Okoye, Managing Director/ CEO, Infinity Trust Bank Plc. Olabanjo Johnson Obaleye, Chairman/CEO, Jedo Investment Company Limited, Alhaji NIMC Staff Multipurpose (Dr.) Aliyu O. Wamakko,

Corporate Communications Unit, NIMC







A Cross section of participants at a one day training organized by Corporate Communications Unit and facilitated by Mr. Gbolahan Oluwatobila of Biometrics Unit on Thursday, 10th October, 2019 themed "Effective Time Management. Participants were drawn from Corporate Communication & Biometrics Units.

