

# Nnaabagereka urges women on healthy living

KAMPALA

PHOTO BY DICKSON KULUMBA

By Juliet Anna Lukwago

Nnaabagereka (Buganda Queen) Sylvia Nagginda has urged women across Buganda kingdom to prioritise healthy living, saying personal wellness is the foundation for community transformation.

Speaking during the 10th Buganda Women's Conference at Lubiri-Mengo in Kampala on Thursday, the queen guided on managing health, urging women to go for medical check-ups, exercise regularly and take balanced nutrition seriously.

The event, themed: *Empowering Women to Lead in Transforming Trade and Business, Health and Environmental Protection*, drew hundreds of women from Buganda's 18 counties and key stakeholders. It served as a platform to advocate for holistic women's health, disease prevention and self-care through community empowerment.

The Nnaabagereka stressed the importance of preventive healthcare, reminding busy women to create time for rest and physical activity.

"It is good to go for medical check-ups regularly and exercise to help the body fight illnesses," the Nnaabagereka



Nnaabagereka Sylvia Nagginda (second-left) accompanied by Kiwanuka (left), Nkalubo (second-right) and other officials as they arrived for the 10th Buganda Women's Conference at Lubiri-Mengo in Kampala on Thursday

said.

She also highlighted the pivotal role women play in raising living standards within their homes and communities.

"It is good for women to come together, share experiences and discuss challenges. Women always have the capacity to transform their homes," she said.

The convention also

addressed environmental conservation issues, with the Nnaabagereka challenging women to integrate activism into their daily domestic lives.

"As women, we have a very special position on environmental issues, like planting and taking care of trees so that they grow well and restore forests," she said.

The Nnaabagereka

encouraged the adoption of new technologies in business and health while championing traditional cultural heritage to eliminate plastics and protect water springs.

Representing the gender ministry permanent secretary, Bakaye Lubega, the commissioner for culture, commended the kingdom for making the convention a

platform where "culture meets development, and where the voice of women is turned into action."

He urged women to remain custodians of the environment and to use cultural structures to spread financial literacy, mentor younger women, and take up leadership roles in Savings and Credit Co-operative Societies, co-

## UNIFIED VOICES

Buganda environment minister Hajjat Mariam Nkalubo Mayanja urged a return to traditional farming methods that preserve the ecosystem.

Former Kampala deputy Lord Mayor Sarah Muwonge Nkonge, also organising committee chairperson, reflected on the decade-long journey of the convention, emphasising networking and knowledge transfer.

"We want those who managed to participate to go back and teach others. We want the youth to join too, as we have grown and will eventually exit."

operatives, and local councils.

The event featured exhibitions by women entrepreneurs and was attended by dignitaries, including former finance minister Maria Kiwanuka, National Resistance Movement party mobilisation director Rosemary Nansubuga Seninde, and former Buganda ministers; Apolonia Mugumbya, Sylvia Mazzi and Christine Mugerwa Kasule.