

LSA COLLABORATES WITH CHOSEN HANDS

On February 7, 2023, LSA Healthcare Services Limited in collaboration with the Chosen Hands (CH) and United States Embassy Port of Spain hosted an Art and Wellness Workshop, “Promoting Social Change through the Arts”, at the U.S. Embassy Public Affairs Section, Sweet Briar Road, Port of Spain.



The workshop focused on gender positive strategies, using art to reinforce critical uplifting messages, creative expression and changing the culture of hygiene in Trinidad and Tobago.

Art Students in Forms 4 to 6 from 11 secondary schools participated in the Art and Wellness workshop- St. Francois Girls’ College, Mucurapo West Secondary, the British Academy, Belmont Secondary, St. Joseph Convent POS, Southeast POS, International School of POS, St. Jude’s School for Girls, Mapel Leaf, Bishop Anstey East and Barataria Secondary.



LSA Healthcare Services Limited’s Director Ms. Leela Ramsingh, who has been in the hygiene industry for over 20 years, spoke to the young ladies about **changing the culture of hygiene** in Trinidad and Tobago.

The Menstrual Hygiene Day initiative, which is celebrated on May 28th each year was announced, with the theme “Making menstruation a normal fact of life by 2030.”

Period Education has been a critical factor in driving acceptance of feminine hygiene products and improving the lives of women and girls in Trinidad and Tobago. LSAH placed an emphasis on having **periods in dignity** and to ensure they are aware of how to properly use and dispose of a sanitary napkin. We are determined to work with schools to help break the stigma and raise awareness for menstrual hygiene.



Thank you InterChem Limited for their kind donations of Purell Hand Sanitizers.

Thank you, Chosen Hands for inviting us to speak on changing the culture of hygiene in T&T