

CHANGING THE CULTURE OF HYGIENE

LSA Healthcare Services Limited in collaboration with Soroptimist International Couva visited Preysal Secondary School to engage in a healthy discussion about changing the culture of hygiene



Head of the Department, Ms. Vidia Dipchansingh (right) pictured with LSA Healthcare Services Limited Director, Ms. Leela Ramsingh (left) with donations of period products for the students of the school.

Thanks to Soroptimist International Couva for their kind donation of Sanitary products.



Pictured below: Kerry-Lyn King-Henry, Tricia Burke, Erricia Bailey, Christine Beepath, Marsha Serrattan



LSA Healthcare Services Limited in collaboration with Soroptimist International Couva visited Preysal Secondary School to speak with the young ladies in Forms 1, 2 and 3 about **life skills coaching, changing the culture of hygiene and how to use and dispose of a sanitary napkin.**

On Thursday November 2023 we hosted an **interactive talk** with approximately 150 girls to help **change the culture of hygiene** in Trinidad and Tobago. The students at Preysal Secondary School are very welcoming and participated in the setup of the event. They were very interactive with the lecture and showed a willingness to learn. It is important to teach these young ladies about hygiene and to give them useful tips to keep them clean and safe from illness. It is recommended that every girl has a small pouch with some necessary products in their bags such as sanitary napkins, toilet paper, wipes, extra underwear and soap.

LSAH’s aim is to motivate these young ladies to be the future leaders of Trinidad and Tobago. Ms. Leela Ramsingh lead a conversation that engaged these young ladies in a discussion about their career path and life during and after school. She urged them to ensure they use the five years at school wisely.

LSAH is determined to work with schools to help **break the stigma, raise awareness** and to change the culture of hygiene in Trinidad and Tobago. We want to make menstruation a **normal fact of life** by 2030 in accordance to the United Nations Global SDG’s (Sustainable Development Goals)

As a key stakeholder in the industry the goal is to **ensure that there are period friendly toilets for girls and women throughout Trinidad and Tobago. Having Periods with Dignity includes, soap, water, toilet paper, sanitary pads and a Sanitary Bin for hygienic disposal.**

At LSA Healthcare Services Limited, we offer a complimentary Onboarding for schools when they sign up.