Getting Involved

The mutual learning and research pursuits of both the African and Canadian partners will increase understanding of the health benefits of the probiotic yoghurt and replicate the project in other communities.

Be Purple. Think Red. Support Western Heads East.

- Become an Intern:
  - Teach sustainable business and health skills
  - Receive course credit
  - Collaborate on new kitchen and laboratory facilities
  - Work with community partners on mutual goals

- Donate $1000 for a WHE Global Opportunities Award and Western will match for a $2,000 award to assist interns with expenses

- Attend or organize your own fundraising event

- Join the Fundraising and Education Committee

- Make a financial gift

For further information on how you can get involved, contact us at:

westernheadseast@uwo.com

WesternuWHE

Your Contribution Matters

Donations have subsidized probiotic yoghurt for many individuals living with HIV/AIDS or malnutrition.

- Over 15 kitchens established

- 120 women employed

- Over 4000 people served daily

- Benefits to local Tanzanian farmers

WHE is a registered Canadian charity under Western University. Donations designated to WHE are directed into the probiotic yoghurt/foods project.

www.westernheadseast.ca

WESTERN
Heads East

Partnering with Africa for health and sustainable development through probiotics

Western

Our History

In 2002, in response to the HIV/ AIDS crisis in Africa, a group of students, staff and faculty at Western University formed the Western Heads East (WHE) program.

Since 2005, over 70 interns together with African partners have conducted research, examined health benefits, established quality control measures, developed sustainable business plans and contributed to program improvements.

WHE strives to empower women by providing an opportunity to earn an income, while increasing community health and the quality of life for people living with and affected by nutritional

Our Mission

Western Heads East is a collaboration between Western staff, students, faculty and African partners using probiotic food to contribute to health and sustainable development.

Our Partners

deficiencies.

- **Tanzania:** St. Augustine University of Tanzania, National Institute for Medical Research, African Probiotic Yoghurt Network, Bugando Medical Centre, Catholic University of Health and Allied Sciences
- **Kenya:** Orande and Baraka Women's Groups, Kenya Medical Research Institute, Rachuonyo District Hospital, Jomo Kenyatta University of Agriculture & Technology, Kenyatta University
- **Rwanda:** University of Rwanda (College of Science and Technology; College of Medicine and Health Sciences)

Our Probiotic Yoghurt

Probiotics are live bacteria that confer health benefits on the individual.

WHE's probiotic foods program is based on the research of Dr. Gregor Reid (Lawson Health Research Institute) and Dr. Sharareh Hekmat (Brescia University College).

Probiotics can help prevent diarrheal disease that can be fatal for malnourished children and immune-compromised adults, help prevent urogenital infections and bacterial vaginosis (risk factors in HIV acquisition), provide energy and nutrition to adults and children and increase the immune system response in people living with HIV/AIDS.

The FITI probiotic yoghurt program has been shown to improve maternal health.

Our Development Intiatives

WHE is a grassroots project and at its heart is the empowerment of women and sustainable development through social

enterprises and micro-operations/yoghurt kitchens based on probiotic foods—especially yoghurt. Some community development initiatives include:

- Establishing health programs based on probiotic yoghurt
- Working with community partners on local issues and research
- Promoting awareness in the Western University community about social justice issues, global health and HIV/AIDS
- Launching two Twinning Projects that connect schools in London Canada with

schools in Mwanza, Tanzania
Today, WHE continues to partner with community organizations locally and abroad to support the expansion of the probiotic yoghurt project.