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## A message from the president

I would like to thank the members who actively participated in MWAZ activities such as the mentorship program.

In the spirit of mentorship and keeping fit, I was, on Saturday, 23rd July, accompanied by newly graduated Dr. Tepwanji Mpetamoya at the fund raising aerobics at United Church of Zambia St. Mathews Church near Manda Hill where we gave a health talk on the benefits of exercise.

As an executive, we are grateful to all those who paid their subscription as the funds helped us implement some of the MWAZ plans and activities .

We still have a huge task of reaching out to more female doctors, dental surgeons and medical students so as to grow a bigger and stronger MWAZ family.

With great excitement, we will be having our Annual General Meeting (AGM) and Scientific Conference on Friday, 14th October, 2022 at Cresta Golfview Hotel. We hope members will turn up in large numbers both physically and virtually.

Remember, we are stronger together.

Dr. Cheswa Vwalika,  
MWAZ President,



# MWAZ MENTORSHIP PROGRAM

The mentorship program has been very insightful and enlightening. It was a great way to connect doctors and medical students from all over the country and abroad. As distance is never a barrier, meetings were held physically and virtually through zoom, google meet and other online platforms.



*Dr. Ebedy Sadoki*



*Kim LaMontagne*

The mentees described the sessions as very well organised and very informative as they contained information that was relevant and easy to understand.

**MWAZ**  
**MENTORSHIP**  
**PROGRAM**

**WITH**  
**DR. CHILESHE**  
**MABULA- BWALYA**

**Moderator:**  
**DR. CHRISTABEL**  
**MBIIZA**

**16TH JULY, 2022**  
**6PM**

**Topic: Applying for scholarships**

Aside from the exclusive sessions between mentor and mentee, MWAZ held group sessions every Saturdays at 18hrs, moderated by Dr. Christabel Mbiza. The topics covered were;

1. Personal branding; etiquette, appearance, time keeping, dresscode, respect for seniors and elderly. This talk was done by Dr. Jane Mwamba Mumba and Dr. Mulaya Mubambe.
2. Establishing short and long term goals by Dr. Patricia Shinondo and Dr. Namwiinga Likando-Ndulo.
3. Entrepreneurship by Dr. Elisa Mayondi and Dr. Naluca Mwendaweli Beckford.
4. How religion affects our lives as medical doctors by Dr. Priscilla Phiri, Dr. Rafath Mahsa Basith and Dr. Sarah Nshimbi Makaliki
5. Importance of networking by Dr. Margaret Kasaro and Dr. Sharon Kapambwe.
6. Social media: How can it work for you? By Dr. Aaron Mujajati.
7. Work and social life balance by Dr. Ebedy Sadoki.
8. Sexual reproductive health issues affecting young women by Dr. Kakungu Simpungwe.
9. Applying for scholarships by Dr. Chileshe Mabula-Bwalya.
10. Mental health: The real issues around it by Kim LaMontagne.

Thank you all for your enthusiasm and participation in these sessions.

# EVOLVE WITH MWAZ



*Dr. Jamara Kaemba*

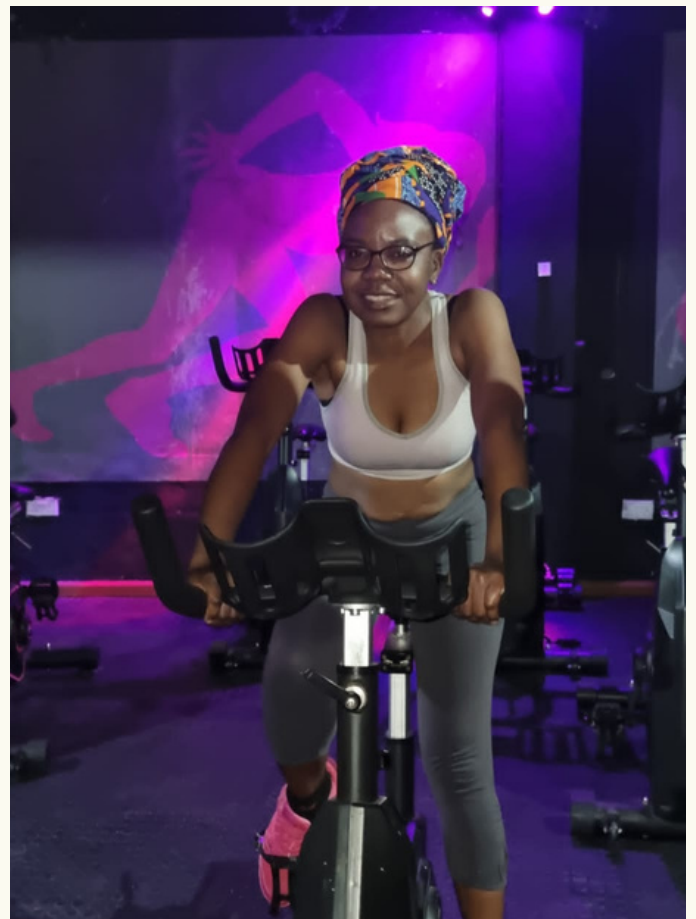
Evolve gym is a women only wellness center based along Independence avenue in Lusaka. It is situated near the University Teaching Hospital (UTH).

This is in line with the MWAZ objective of promoting physical, mental and overall wellbeing of female medical doctors.

We invite you to join MWAZ and be eligible to join Evolve gym with MWAZ. Let us be fit and stronger together.

MWAZ partnered with Evolve gymnasium to provide MWAZ members with fitness classes, along with leisure and wellness activities at a discounted price. The normal subscription fee is K650. A MWAZ member is only supposed to pay K400 and enjoy all the benefits that the gym has to offer. K400 only to make you feeling fit and performing at your maximum best.. How amazing is that?

We hope to develop more of such partnerships with other women essentials service providers.



*Dr Sarah Nshimbi Makaliki*

# MERCY EN ROUTE TO GERMANY FOR MEDICAL SCHOOL



*Mercy meets Mr. Lukomona, Founder of Twikatane Organisation*



Mercy Chola, whom we featured earlier in the newsletter has been very busy since the last time we shared her story.

Twikatane, an NGO working in Zambia heard about her story and moved in to provide her with a scholarship to study medicine in Germany. She has been learning German and has passed with flying colours, scoring second place amongst other students in the entire African continent. She will be studying medicine in Germany next month and will be based at the University of Hamburg.

MWAZ has been in constant communication through the medical students who are her mentors. With the skills Mercy has acquired, she has continued to make key holders and bracelets which she sells to raise funds for her daily needs.

Through the Ministry of Science and Technology, MWAZ has played a major role in helping her secure ZMW 25,000 which will assist her as she makes her travel preparations to Germany next month.

"I am very happy and delighted to be given the opportunity to study in Germany and hope to do my best. Dreams do come true." She said, in a recent interview. She hopes to specialize in Paediatrics in future.



# MWIA NEWS

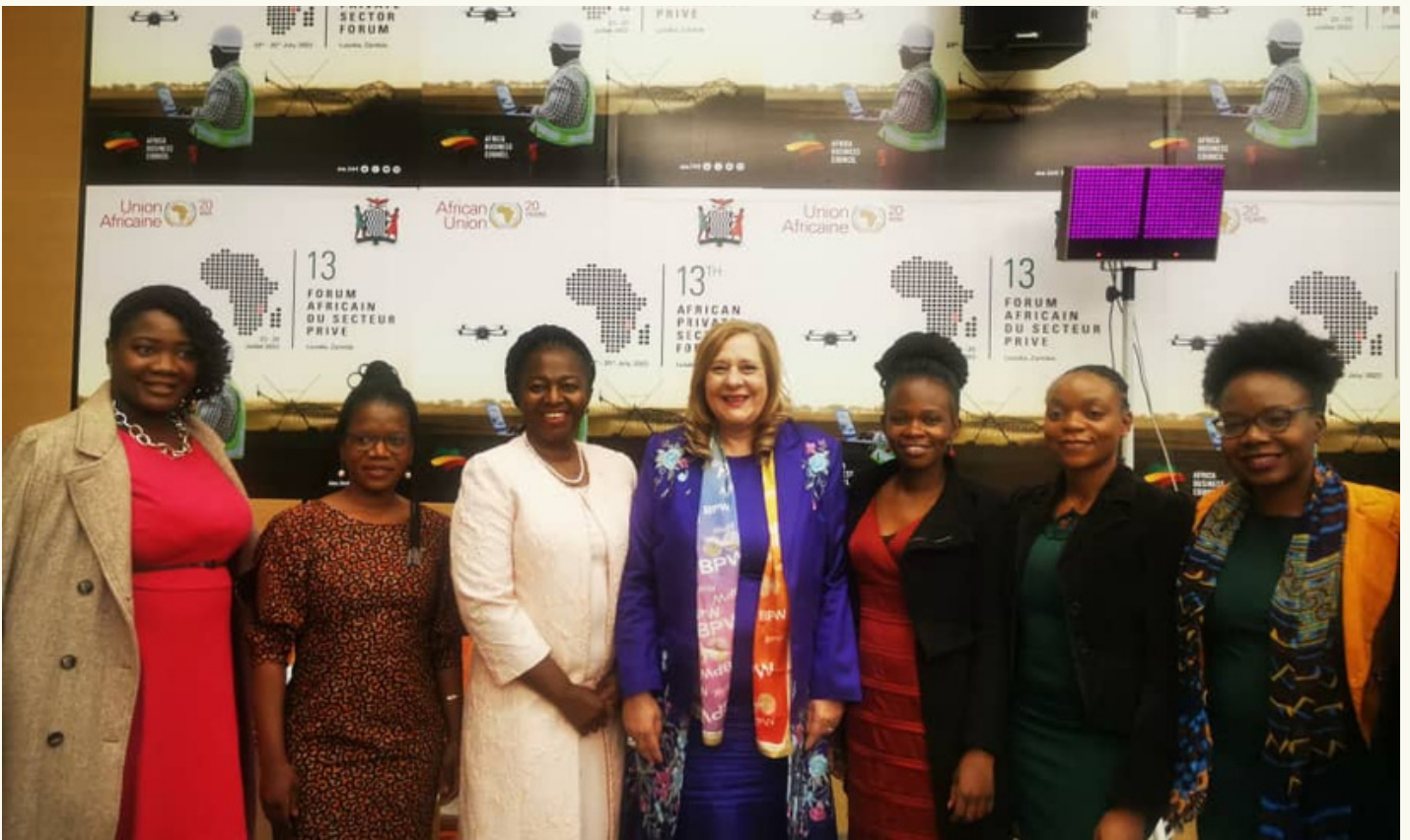


The long awaited Medical Women International Association (MWIA) congress took place in Taipei, Taiwan from 24th to 26th June 2022 under the theme "Young women, Young doctors, Our inspiration. Our future." Unfortunately, due to Covid-19 restrictions in the region, delegates could not travel and most sessions were done online.

One of our young doctors, Dr. Rose Chirwa, presented her abstract which was titled "Management of HVL in an adolescent recipient care at Chilenje General Hospital ART clinic".

MWIA Elections were conducted online and Zambia participated. The new president elect, Dr. Amany Asfour visited Zambia, to attend the African Union (AU) private sector forum in her capacity as president of the African Business Council.

The MWAZ executive met her at the Mulungushi International Conference Centre on 24th July, 2022 where they discussed various issues such as policy advocacy, projects development and personal empowerment programs for female medical doctors.



# INTRODUCING THE MWAZ ADMINISTRATIVE OFFICER



Margaret Mukumbi has been employed by MWAZ as the Administrative Officer to perform Administrative duties.

She is an enthusiastic, active, team player and focused individual. She graduated with a Bachelor's degree in Banking and Finance at the Copperbelt University.

She displays considerable strength across a range of personal skills such as being innovative and achieving set goals.

She plays a major role in the MWAZ programs and activities and ensures that tasks are managed efficiently.

Her hobbies include public speaking and modeling.

For subscription queries or MWAZ issues, Contact MWAZ admin;  
Call/WhatsApp: +260777510068.  
Email: [mwaz.zambia@gmail.com](mailto:mwaz.zambia@gmail.com).

# MWAZ CONTINUES TO HIT THE AIRWAVES



MWAZ has partnered with CAMNET TV, a community broadcasting network to raise awareness on various health matters. Topics covered so far are non-communicable diseases, emergencies in the home, Covid-19, Cholera, Polio, Congenital Heart Diseases, Oral health, Adolescent sexual reproductive health etc.

Recordings are made every Sunday afternoon. These are edited and aired as separate 10-15 minutes sessions from Monday to Friday during the CAMNET Breakfast show which runs from 07:00hrs to 08:00hrs every morning.

If you would like to be featured on this show, contact MWAZ admin.



We hope more of our members will take up the challenge and be part of this amazing team.

# MWAZ SISTER'S KEEPER

THERE IS NO GREATER  
AGONY THAN BEARING AN UNTOLD  
STORY INSIDE YOU.

Maya Angelou

As women, our default setting is to look after the needs of everyone else and we often forget and ignore our own. As a Fraternity of strong Zambian Females who have been given the mandate to take care of the nation in our capacity as doctors, we recognize the need to promote self care and the need to be there for each other by embracing the spirit of sisterhood by being each others' keepers.

A key goal of MWAZ is to encourage and empower its members to achieve their greatest potential, as well and lead a meaningful and Fulfilling life. This is best achieved if we actively help each other keep afloat mentally, spiritually, financially, emotionally, physically and socially.

The MWAZ Sister's Keepers initiative is meant to provide its members with that line to call when stressed, overwhelmed, harrassed, victimised, depressed, anxious or just feeling under the weather. At the same time when overjoyed, promoted, had a baby, completed a program or bought a new dress. It's simply someone on hand to talk to anytime you may need to.

We are grateful to our members who have volunteered to be in the first cohort of sisters keepers and we encourage anyone to reach out using any of the numbers they feel comfortable calling. As doctors we are not immune to the pressures of the world, and we will respond as humans.  
Everyone needs someone.

Be assured that it's confidential and its safe and it comes to you with love.

MWAZ SISTERS KEEPERS..IT'S A SISTER, A PHONE CALL AWAY.





# MWAZ SISTER'S KEEPER

**NEED TO TALK TO  
SOMEONE?  
DON'T SUFFER IN SILENCE  
A SISTER IS ONLY A CALL  
AWAY**



- Dr. Veronica Mulenga, Peads -0954239812  
Dr. Nita Besa, Chainama, Lusaka -0977809888  
Dr. Mah Asombang, CIDRZ, Lusaka -0961875975  
Dr. Sarah Nshimbi, Lusaka -0966487838  
Dr. Catherine Muyebe, UK - +447961574210  
Dr. Cheswa Uwalika, Lusaka -0966823176  
Dr. Munalula Mukatimui, UTH -0979882537  
Dr. Dorothy .K. Mutti, Lusaka -0977634346  
Dr. Kangwa Mugamy, UTH -0977795461  
Dr. Angel Chirwa, UTH -0967261284  
Dr. Christine Mutelo, Maina Soko -0977477196  
Dr. Nancy Mupinga, UTH -0975886468  
Dr. Catherine Mwaba, CDH -0978915650  
Dr. Enelesi Lungu, Kitwe -0966481873  
Dr. Bwendo Nduna, Ndola -0966183841  
Dr. Francisca Bwalya, Chainama -0977114122  
Dr. Jane Mumba, Ndola -0977757274  
Dr. Thandiwe Tembo, Lusaka -0977650526

**ALWAYS THERE FOR YOU**

# UPCOMING EVENTS

- MONTHLY WEBINARS

MWAZ holds monthly webinars to discuss various health issues affecting girls, women and their families.

- MENTORSHIP PROGRAM GRADUATION.

Cohort 1 ends this month. Graduation will be held at the MWAZ AGM next month. Applications for mentors and mentees for Cohort 2 to be announced thereafter.

- ANNUAL GENERAL MEETING

The MWAZ Annual General Meeting (AGM) and Scientific Conference will be held on Friday, 14th October 2022 at Cresta Golfview Hotel in Lusaka.

- EVOLVE with MWAZ, Evolve Gym subscription is available every month for member at K400/month. You are welcome to invite friends and family that you would like to go with to the gym at the same rate.



For more INFORMATION contact us:

Call/WhatsApp: +260777510068.

Facebook: @officialmwaz

Twitter:@MWAZ\_Zambia

email: mwaz.zambia@gmail.com

# MWAZ SUBSCRIPTION

**Pay your 2022 MWAZ subscription.  
It's very easy!**

## HOW?

### ABSA Longacres Branch

Medical Womens Association of Zambia #017-1539536

Add Reference (Full names)

Send the Proof of Payment (POP) and your email address to **0777510068 / 0977129802**

### MTN Mobile Money

1. Dial \*115#

2. Select option 5 (MomoPay)

3. Select option 1 (Pay Merchant)

4. Enter Merchant ID **538390**

5. Enter Amount

6. Enter Reference (Full names)

7. Enter your PIN to confirm

*\*you will receive a notification that you have made payment to MWAZ*

8. Send the Proof of Payment (POP) and your email address to **0777510068**

### Airtel Mobile Money

1. Dial \*115#

2. Select option 4 (Make payment)

3. Select option 6 (Goods and services)

5. Select option 1 (Enter merchant code)

6. Enter Business Name : **MWAZ1**

7. Enter Amount

8. Enter Reference (Full names)

9. Enter your PIN to confirm

*\*you will receive a notification that you have made payment to MWAZ.*

10. Send the Proof of Payment (POP) and your email address to **0777510068**

## HOW MUCH?

**Doctors - K500/year Medical Students - K100/year**

## NOTE!

- You will receive a receipt within 7 days of payment
- The receipt will include your new membership number
- A list of fully paid up members will be published monthly
- We encourage all subscriptions to be paid by 31st March,
- For queries, email [mwaz.zambia@gmail.com](mailto:mwaz.zambia@gmail.com) or sms/contact **+260777510068 / 0977129802**



Let's touch more lives this 2022! **#STRONGER TOGETHER**

for more INFORMATION visit:

Facebook: @officialmwaz

Twitter: @MWAZ\_Zambia

email: [mwaz.zambia@gmail.com](mailto:mwaz.zambia@gmail.com)

# MWAZ SUBSCRIPTION

Members in the **DIASPORA**  
Pay your 2022 MWAZ subscription.  
It's very **easy!**

## HOW?

### WorldRemit

1. Go to <https://www.worldremit.com>
2. Follow instructions on the website
3. Add Reference (Full names)
4. Send funds to **+260977129802 (Faith Simushi)**
5. Send the Proof of Payment (POP) and your email address to **+260777510068**

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