



WELLNESS & WAHALA

SciComm Lunch-and-Learn on science/poetry
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We need to make our Wellness a vital priority
Earlier we start to care of our health, the better our warranty
Love yourself, and love others like you love you Text
Live your best life, always striving to be better too
Never give up no matter how hard life gets
Empower yourself daily and give it your best
Social distancing is important right now to do
Saving lives first starts with saving you

Wash your hands often to keep safe from viruses
Always try to avoid Wahala-which means issues
Health should be your major priority at the top
Always keep trying to get better and never ever stop
Learn lessons on this journey of life when you tend to make mistakes
As we continue to manage in this pandemic you must try to take breaks

****Note: Wahala in Nigerian Pidgin language means issues or problems
Also, I am the Host of Wellness & Wahala podcast [@WellnessWahala](#) | [Linktree](#)**

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