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69/2010

EXPLORING FAMILY HEALTH

There is an old adage which says that people who have health, have everything and are able to enjoy the best quality of life. To some extent, there is much truth in this saying, however quality family life consists also of strong relationships, good parenting, and the emotional stability of all its members. In fact, at the heart of family health lies the skill of juggling work, play and leisure which in balance, renew energy, promote satisfaction and a sense of well-being.

With this in mind, understanding the steps to a healthier, livelier family life-style is important, especially today, when so much information is so readily available. There is a constant growth-progress which must develop in order to sustain a stable and loving family.

The general public is invited to join a discussion on this topic on **Thursday, 20th May, 2010, at Sala Mons Gonzi, Catholic Institute, Floriana, at 7p.m.** Dr John M. Cachia, Director General (Health Care Services), will share his views on how to protect, promote and improve the health and well-being of the Maltese family.

This session is another in the series **Żwieg b'Saħtu**, a project initiated by the Cana movement, in an effort to promote healthy marriage and family life.