Our Mamas

At the heart of the project is the empowerment of women (yoghurt mamas) to establish community probiotic yoghurt kitchens. Yoghurt kitchens have empowered yoghurt mamas to foster sustainable change by helping them to contribute to the overall health of their communities and draw an income for their families whilst simulating significant economic

development.
Currently, yoghurt
mamas manage
and operate 20
yoghurt kitchens
and serve over
4000 people.





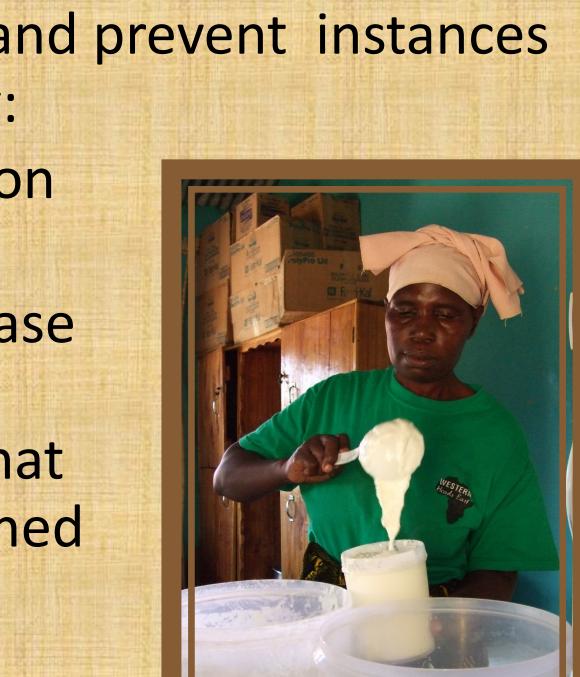
Our Yaghurt

Our probiotic yoghurt, developed by Dr. Gregor Reid (Lawson Health Research Institute and Western University) and Dr. Sharareh Hekmat (Brescia University



College) helps to address and prevent instances of compromised health by:

- Improving general nutrition and maternal health
- •Preventing diarrheal disease and lowering subsequent morbidity and mortality that can be fatal for malnourished children and immunecompromised adults
- Building stronger immune systems and improving health
- Improving gut health and increasing energy
- Helping prevent urogenital infections and bacterial vaginosis (risk factors in HIV acquisition)





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 Purpose

We are partnering with Africa for health and sustainable development through probiotics. We are a campus wide non-profit organization, engaging all faculties, colleges and programs in research and services.

www.westernheadseast.ca
@WesternuWHE

Our Interns

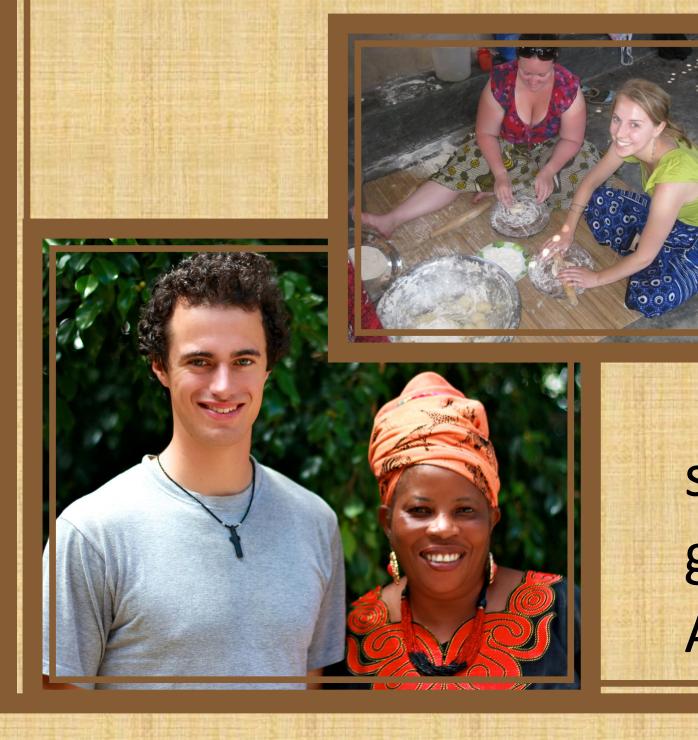
Our interns have collaborated with partners in East Africa to:

Establish health
 programs based on
 probiotic foods,
 especially probiotic
 yoghurt



 Work with community partners on local goals and research

 Establish the groundwork for probiotics research



•Promote
awareness in the
Western
University
community about
social justice issues,
global health and HIV/
AIDS

Our Partners

- •Tanzania: St. Augustine's University, National Institute for Medical Research, Kivulini Women's Rights Organization, African Probiotic Yoghurt Network Bugando Medical Centre
- Kenya: Orande and Nyanam Women's Groups, Kenya Medical Research Institute, Rachuonyo District Hospital, Muungano Special School
- •Rwanda: National University of Rwanda, Kigali Institute of Science and Technology, Kigali Health Institute, Enfants de Dieux
- London: Lawson Health Research Institute, Brescia University College, Housing and Ancillary Services at Western University, Research Western, Tecumseh Secondary School and Clarke Road Secondary School