



SRI LANKA MEDICAL ASSOCIATION

Established 1887

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27th June 2014

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Dean

Faculty of Medicine

University of Peradeniya

Dear Sir,

Invitation to "SLMA Walk and Run"

As Sri Lanka moves into a new era of modernisation we spend fewer calories during our day- today activities and during work. This sedentary lifestyle which is further compounded by bad food choices has led to an exponential rise in the number of people suffering from diabetes, hypertension, high cholesterol, heart disease, stroke and complications of these conditions. These conditions are becoming a major financial burden for the individuals, their families, organisations they work for and the country.

Sri Lanka Medical Association feels that it is our responsibility to join hands with university academics such as you that play an important role in policy making and trendsetting in our society actively involved to promote active life style for healthier tomorrow.

Therefore, on behalf of the president and the council, I would like to take this opportunity to invite you for the walk and the run that will take place on **Sunday the 13th of July starting from the BMICH premises at 6.30 am (The 2.7km run starts at 7.00am and the walk starts at 8.00am).**

We will be inviting the students of your faculty through the Students' Union and the Students' Welfare Society and will be sending the posters to be displayed on the faculty notice boards. We would greatly appreciate if you could encourage medical students to take part in this event.

Your participation in the walk and the run as an academic leader will help immensely towards healthier tomorrow for all. I would be very much grateful for your confirmation of participation before 11th July and really looking forward to see you and students from your faculty on the 13th July.

For conformation and further information please contact; **Kumari Karunarathna-0715845605/0767845605.**

Thank you,

Yours Sincerely,

Dr Lasantha Malavige

Vice President, SLMA (0773296671)

noted

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