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Persit Kodim Lamongan Gelar Posbindu untuk Cegah PTM

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Lamongan,- Persit Kartika Chandra Kirana Cabang Kodim 0812/Lamongan menggelar kegiatan Pos Pembinaan Terpadu (Posbindu) di Makodim 0812/Lamongan.

Kegiatan itu bertujuan untuk meningkatkan kesadaran tentang pentingnya

prevention and management of non-communicable diseases (NCD).

The Chairman of the Lamongan District Health Council, Ny. Amy Ketut Wira Purbawan, explained that the Posbindu activity is part of the routine program of the Health Council which focuses on health.

"We want to help the community, especially in rural areas, to be more concerned about their health by doing early detection and education about non-communicable diseases," she said. Saturday (18/01/2025).

In the activity, the Health Council provides free health examinations, such as blood pressure measurement, blood sugar level examination, and body mass index (BMI).

In addition, the health team also provides counseling about the importance of a healthy lifestyle, including consuming nutritious food, regular exercise, and stress management.

Terpisah, Komandan Kodim 0812/Lamongan, Letkol Arm Ketut Wira Purbawan, mengapresiasi inisiatif Persit dalam menyelenggarakan kegiatan tersebut.

"The Posbindu activity is in line with the TNI's efforts to improve health. We hope this activity can help prevent NCDs," she said. (*)