









knowledge and practices. The result of this study may be based on the fact that good health is an essential precondition for full enjoyment of all other human rights and has a positive impact on income and well being of the individual family and community as a whole. Rural women who participated in the programme practiced and encouraged their family members to practice health tips to be healthy in order to participate both in the economic and social life of the community, because health is wealth.

## 6. Conclusion

The findings show that participation in RENEWLS education programme has enhanced healthful living practices among rural women in Nigeria. The mean rating of rural women from the two states studied on enhancing healthful living practice among rural women did not differ significantly due to the general acceptance that good health will improve both the social and economic life of their families. The findings from this study invariably indicate that good health practices for rural women can be achieved through non-formal education.

## 7. Recommendations

Based on the findings of the study, the following recommendations were made:

1. The RENEWLS education programme should be adopted as a means of implementing government policy on adult and non-formal education and ensure that women in all communities in Nigeria participate in the programme to facilitate the realization of fourth, fifth and sixth Millennium. Development Goals, which emphasized; reduction in child mortality, improvement of maternal health, and combating HIV/AIDs, malaria and other disease.
2. The RENEWLS education programme should be inculcated into women's education curriculum as presently stipulated in the National Policy on Education in Nigeria.
3. RENEWLS education programme should be extended to other states in Nigeria to ensure that majority of rural women in Nigeria were exposed to the programme

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