



**Institute  
for Education**

**LETTER CIRCULAR - Institute for Education**

**Date:** 7th March 2024

**Ref:** IfE15/2024

**From:** Joanne Grima – CEO

**To the attention of:** Heads (College Network), Heads of Schools, Assistant Heads of State and Non-State, Assistant Directors, Education Officers, Heads of Department, Teachers and Sections

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**Subject:** Free Webinar: A Deep Dive into Energy Drinks and Vaping

**Application Link:** [WEB01/01/2024](#)

**Deadline:** 1<sup>st</sup> April 2024

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The Institute for Education in collaboration with the Health Promotion and Disease Prevention Directorate within the Department for Health Regulation, is offering educators and parents/guardians the opportunity to join a free webinar titled, **A Deep Dive into Energy Drinks and Vaping** on the **9th April 2024 at 16:00-18:00**. Heads of Schools are encouraged to pass on this information to all parents.



The key speakers of this webinar will be Dr Michelle Deguara, Public Health Medicine Resident Specialist Doctor; Ms Charlene Vassallo, Nutritionist; Dr Timothy Mifsud, Public Health Medicine Specialist Trainee; and Ms Martina Portelli, Smoking Cessation Nurse.

This webinar sets to challenge your perspectives on two trending topics: novel smoking products and energy drinks! Dive into the latest evidence-based insights this panel has to offer on novel smoking products, including e-cigarettes/vapes and snus, and their impact on health. Discover the truth about second-hand smoke and gain invaluable tips on kicking the habit for good. Delve deeper into the nutritional aspect of sugar-sweetened beverages, with a particular emphasis on energy drinks.

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With the information delivered during the session, you will gain understanding on the health implications of energy drinks, particularly among children and adolescents, as well as the concerning effects of combining energy drinks with alcohol. The webinar will conclude with an open discussion.

Interested applicants are kindly asked to register by following the link: [WEB01/01/2024](#) by 1<sup>st</sup> April 2024.

Thank you.

**Joanne Grima**  
**CEO Institute for Education**

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