



Feb 20, 2014

Healthy Lifestyle Awareness Campaign at AAU

As part of the commitment to adopting strategies to combat diseases associated with unhealthy lifestyles, the Deanship of Student Affairs at Al Ain University of Science and Technology Abu Dhabi Campus held an educational campaign on how to lead a healthy lifestyle. The campaign was organized in collaboration with Sheikh Khalifa Medical City, Dr Nutrition Center (DNP), and ARASCA Medical Equipment Trading LLC and was attended by Prof. Abdelhafid Belarbi, AAU Vice President, as well as students, faculty, and staff.

The campaign included awareness seminars presented by Dr. Abdel Razzaq Al Qaddour of Sheikh Khalifa Medical City, Dr. Abdelbaset Al Shoaibi of Dr Nutrition Center (DNP), and Mr. Mohammad Bellah of ARASCA Medical Equipment Trading LLC. The seminars discussed the importance of following a healthy lifestyle and the role it has in preventing chronic diseases such

as cardiovascular diseases and diabetes. The speakers also shed light on the principles of healthy diets and gave a briefing on the new application (Gmate Smart) which measures the sugar levels in blood. The audience also was given complimentary weight and BMI measurements.

[Press Release Link](#)