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An Event Titled “Steps Towards A Better Health” in Al Ain University

The Deanship of Students Affairs at the Al Ain University of Science and Technology, based in Al Ain city, in cooperation with the Madar Medical Center MMC and Al-Jahli Health Center a healthy event under the theme of "Steps Towards A Better Health", which lasted for three days with the aim of spreading health awareness by providing free medical checkups. A number of academic members, administrative bodies and university students attended the event.

Dr. Enas Abu Libdeh, Dean of Student Affairs, said that it is common to conduct timely medical examinations of the most important foundations for maintaining health from this perspective, and for this reason, the Deanship of Students Affairs invited the MMC to provide outpatient

screening and appropriate analyses with the presence of a doctor in a preview screening and selecting all appropriate laboratory quality references, simulateously, the nursing team will be conducting the required laboratory sampling.

The event also included an effective campaign to raise awareness of the dangers of smoking presented with a smoking cessation health from Al-Jahli Center, where the staff of the centre did some nicotine check-ups and gave some tips for smokers as they explained the symptoms of addiction to smoking and prevention as well as different methods suggested for the treatment of this phenomenon.

The event also included a lecture on the ideal weight, which was presented by Dr Rana Abdel Rahim Mohammed, a nutritionist in the MMC. She explained that the ideal weight is the weight of a person who feels comfortable and happy with himself, and not to have specific sizes or a figure like fashion renderers.

It also indicated that access to ideal weight is the goal and objective sought by all, no doubt, where many face difficulties as trying to achieve the desired weight, but what's more important is how we can maintain that weight.

[Press Release Link](#)