Oct 01, 2015

Healthy Heart Events at Al Ain University

In order to raise the level of awareness in the community and in line with the world celebrations, a 'World Heart Day' was organized by the Deanship of Student Affairs at Al-Ain University of Science and Technology, based in Al Ain city. It is meant to raise effective awareness about cardiovascular health, where a number of college students have gone on a healthy tour to measure their pressure and glucose level.

Some tips and guidelines have been provided through giving out health brochures that aimed at encouraging good nutritional habits, and information about the damages of being overweight and eating unhealthy food. Also, some studies on how to prevent many chronic diseases, principally cardiovascular disease.

Press Release Link