



Sep 27, 2017

Vital and healthy activities on World Heart Day

Coinciding with the World Heart Day, the Deanship of Student Affairs at Al Ain University of Science and Technology, Al Ain Campus, organized a healthy day in collaboration with NMC Hospital.

The day included an awareness lecture presented by Dr. Marwa Hassan, GP in NMC Hospital, she focused on the importance and prevention methods of heart disease, by changing the lifestyle, healthy diet, exercises, make friendships and refrain from smoking.

In addition, the event included free medical tests such as body mass index, pressure, cholesterol and sugar, where the aim of this event is to promote awareness among students and to promote heart health and public health.

[Press Release Link](#)