



Feb 20, 2024

## A health awareness day to combat obesity

The College of Pharmacy, in collaboration with the Student Affairs Deanship at the Al Ain University (Abu Dhabi campus), organized a health awareness day to combat obesity.

The Ideal Medical Center participated in the awareness day, providing a range of necessary medical advice and guidance for adopting a healthy diet and lifestyle to combat obesity. Additionally, there was an emphasis on the importance of daily exercise.

A group of nutrition students from the College of Pharmacy participated in a competition for the best healthy dish. The participating students presented a detailed explanation of the contents and nutritional value of their healthy dishes. A judging committee comprised of faculty members evaluated the dishes, and prizes and certificates of appreciation were awarded to the top three winners.

[Press Release Link](#)