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“Health & Food” exhibition promotes health awareness at Al Ain University

Al Ain University of Science and Technology launched the "Health, Sports and Food" exhibition at Al Ain Campus, which was organized by the Deanship of Student Affairs for two days with the participation of various institutions, universities, government and private centers specializing in health, beauty, food, and sports.

The exhibition was opened by Prof. Ghaleb El Refae, AAU President, accompanied by a delegation from Al Ain Sports & Cultural Club, and Dr. Ibtehal Aburezeq, Dean of Student Affairs at AAU.

The exhibition included a variety of activities such as tests for the blood hemoglobin and pressure, Measure weight and height, body mass and fat percentage. In addition to distributing

awareness booklets on food and nutrition And how to prevent chronic diseases such as diabetes, blood pressure, and osteoporosis by following proper nutrition methods. As well as to emphasize the importance of sport and how to exercise properly.

The exhibition witnessed a distinguished participation from the College of Pharmacy students of Al Ain University through their presentation of some foodstuffs and talk about the most important components and how they affect the body positively or negatively.

A number of organizations participated in the exhibition such as; Al Ain Sports & Cultural Club, New look Medical Center, Look Wow, Medeclinic Center, NMC Hospital, Abu Dhabi Food Control Authority, Dr. Nutrition, Sparkle Skin Care and Laser, Magrabi Optical, Dubai Dental Smile Center, Gold's Gym, Fitness First Gym, Slim'n Light, Abu Dhabi University and Ajman University.

Dr. Aburezeq stressed on that this exhibition aims to spread the culture and awareness of health and medicine in the university community, through the presentation of the latest products for health, food, and sports, which meet the diverse needs of student segments.

The Health, Sports and Food Exhibition was organized in coinciding with World Health Day under the slogan "Health for All" to promote health, medical and sports awareness among the public, as well as, it comes within the series of activities of the Deanship of Student Affairs in conjunction with the year 2018.

The exhibition was attended by a large number of members of the academic and administrative staff, AAU students, and a number of visitors from outside the university, most notably a delegation from the Department of Civil Defense, in addition to the turnout of students in schools.

[Press Release Link](#)