

<p>April 26 time 6:00 p.m. - 8:00 p.m.</p> <p>Raffle prizes include: Bicycle, sports equipment, treadmill, weights, yoga mats and so much more!</p>		
KAUST Health	Food services	BUPA
<p>Family Medicine and Pharmacy – Understanding depression and treatment options</p> <p>Our Family Medicine and Pharmacy team is available to answer questions about depression, signs and symptoms and various treatment option. Participate in an online self-assessment questionnaire about depression.</p>	<p>Tamimi Catering – MasterChef Returns</p> <p>MasterChef returns to KAUST. Try your hand at creating a healthy meal with the ingredients you are provided. Register your interest to participate at the Food Services table. Limited spots available.</p> <p>Also, try variety of sample salads made by Tamimi Catering.</p>	<p>Bupa – How is my overall health and wellness?</p> <p>Bupa medical specialists will be checking blood sugar, blood pressure, body mass index and conducting free dental check-ups.</p>
<p>Pediatric Clinic - Emotional well-being for children</p> <p>Visit with our Pediatric team as they answer questions about how to identify depression and anxiety in children and how to help them.</p> <p>Win prizes! Fun Games for children include: Inside Out – Emotions Thought Bubbles game and emotions word search puzzle. Also, try expressing your emotions through painting with syringes.</p>	<p>Coastline – Introducing MasterChef Junior</p> <p>MasterChef Junior is coming to KAUST. If your child is a foodie and enjoys creating things in the kitchen, register them to participate at the Food Services table. Participants from 3yrs +. Limited spots available.</p> <p>Also, try a variety of sample fresh juices prepared by Coastline.</p>	Recreation Services
		<p>Art SDG – Becoming centered through pottery</p> <p>The Art SDG invites you to use your creativity, concentration and hands to mold clay into a Tree of Life piece of art. Both children and adults welcome to participate. Please donate 10 sar to cover the costs of materials.</p>
<p>Rehabilitation - Exercise helps physical and emotional well-being</p> <p>Meet our physiotherapist who will demonstrate proper techniques to use the Thera-band. Also learn how to prevent injury while exercising and proper exercising technique after injury.</p>	<p>Gourmet Exposure – Experimenting with Food</p> <p>Children encouraged to participate in food science experiments, to chat with a friendly dietician about how food affects their bodies and to participate in some interactive sports.</p> <p>Please register your interest to participate in these activities at the Food Services Table.</p>	<p>Movement SDG – Groove and Improve Your Mood</p> <p>Attend two sessions provided by our experienced movement teachers.</p> <p>Session one is an interactive session where participants will learn how to improve relaxation through movement with music.</p> <p>Session two is an interactive session, learning some basic movement skills to understand the emotional and physical benefits of music.</p>
<p>Patient Relations – Get to know KAUST Health</p> <p>Meet our Patient Affairs team who will answer questions about KAUST Health and all of the many services we offer to the community.</p> <p>Take a quiz to see how well you know KAUST Health and win a chance at a prize.</p>		<p>Recreation Services – Climb, bounce and run</p> <p>Bouncy Castle, rock climbing and playland all available.</p> <p>Yoga, and breathing sessions – Finding the calm within</p> <p>Join us for some guided breathing session and help find the calm within. Register your interest to participate.</p>

OB & GYN – Understanding Postnatal Depression	EAP	TKS
OB & GYN team will be answering questions about postnatal depression, who is susceptible to it and how to treat it. Fun quizzes for children and prizes to be won.	Employee Assistance Program - Understanding the services EAP provides Two representatives from Jeddah available to explain the broad range of services provided by EAP; from confidential free counselling services, money management advice, parenting skills and much more. Ask them about the services available and get a prize	TKS - Using coloring to relax Have you tried de-stressing by coloring patterns and concentric shapes? Both children and adults encouraged to participate.
IT (H –Connect) – Sign up, ask questions Did you know you can book your KAUST Health appointments online? KAUST Health IT specialists will be on hand to register people on H-Connect, demonstrate how to book appointments online, check status of appointments and much more.	Community life Community Life – What is happening in the community? Meet our community life specialists and find out about the many great opportunities there are to get engaged in the community.	TKS - Using coloring to relax Have you tried de-stressing by coloring patterns and concentric shapes? Both children and adults encouraged to participate.
Dental Booth – Need a check-up Visit KAUST Health dentists to have a check-up and receive a dental hygiene kit.	Take the community life quiz and see how well you know the ins and outs of our great community. Participants receive a prize.	TKS – Wash your hands properly Using Glow Germ technology, test how well you use proper handwashing techniques
Dietician – Lift your mood through food Meet our dietician, sample some ‘mood foods’ and try our body composition analyzer. Dress up and photo booth for children.	Graduate Affairs Graduate Affairs - Mental Health Apps Visit with our Graduate Affairs Mental Health Specialists and learn which apps are available to assist with mental health well-being and participate in a short screening.	TKS – Meet our Happiness Specialists Let our Grade 5 students tell you why they are so happy. Students have researched what makes people happy, how exercise is an important part of well-being and are eager to share their findings with you. Stop by, listen to their findings and share your thoughts with them.
Emergency Room – How to handle an emergency Meet our EMTs and ER team, interact with the tools they use regularly and test your basic first aid skills. Also, see how you would do under pressure in our simulator ambulance experience. Win prizes!		TKS – Student presentations Come and meet two of our high school students who researched how to improve confidence and how to reduce student anxiety.
		TKS – Jump for a prize Be the best consecutive jumper and win the big prize! Both children and adults welcome to attend.
		TKS – What makes me happy? Visit our colorful display of ‘What makes me happy?’ posters created by our enthusiastic artists from TKS. Submissions due by 24 April to school nurses (Grade 1-5).