



# world Health Day

Thursday 18 of April  
6:00pm-9:00

KAUST HEALTH		Enrichment Programs
<p><b>-REHABILITATION : keep calm , be active</b> HOW FIT ARE YOU? Meet our Rehabilitation team to show you techniques on how to strengthen your muscles, improve your flexibility, attain good balance and improve your endurance. Learn how to exercise properly to prevent injury or achieve your highest potential if you are suffering from pain, limitation of motion or muscle weakness. WE ARE THE REHABILITATION THAT FITS YOU.</p>	<p><b>Dental : keep calm , keep smiling</b> Protect your smile investment. Meet our Dental team to to learn some tips to help you look after your teeth and to educate your kids on the proper way and taking care of their teeth. Encourage your little ones to participate in the interactive activity using dentist toys and play do stuff,</p>	<p><b>Keep calm, submit a WEP</b> The two-week Winter Enrichment Program (WEP) will return in 2020 from January 12 to 23 under a “Health” related theme Everyone from the KAUST community is invited to submit a related proposal(s) at <a href="http://wepproposals.kaust.edu.sa">wepproposals.kaust.edu.sa</a> for lectures, courses, workshops, seminars, field trips, exhibitions, and special events.</p>
<p><b>-OB/Gyn: keep calm , get screened</b> Our OB/GYN team is available to answer any questions about our the available screening services at OB/GYN The department has recently achieved the "Baby Friendly award" from UNICEF which means all clinical staff at our clinic are trained to promote protect and support breast feeding so come and talk to us about any issues related to infant feeding.</p>	<p><b>Pharmacy / Infection control: keep calm, fight superbugs</b> (Keep Calm and fight superbugs) Visit us to test your knowledge about antibiotic resistance and learn what are the practices you can do to prevent it</p>	<p><b>TKS Counseling Department</b></p> <p><b>Keep calm, counsel on</b> Come and meet members of the Counselling Team and learn about how the team support children’s social and emotional at TKS.</p>
<p><b>Fakeeh. Care group: keep calm , lets help</b> DSFH Patient Liaison Team – Give us a call to assist you at DSFH. Get to know all our services and options in the expanding Fakeeh. Care group, to maintain a healthy wellbeing and proactive lifestyle.</p>	<p><b>Psychology: keep calm , know your self</b> Take our personality test to find out more about who you are and discover your strength and weaknesses</p>	<p><b>TKS Health Office</b></p> <p><b>Keep calm ,keep playing</b> Importance of physical activities to the child’s health- Our school nurses will explain to children the importance of being active and a fit child and will give some example of some fun activities and games that keeps them moving and active.</p>
<p><b>CSO:</b>Meet our Customer service team who will show you how to book and cancel your appointment faster than you think.</p>	<p><b>community engagement : keep calm , Get engaged</b> will be having a game, free fitness classes tickets, and Q/As about recreation centres</p>	
<p><b>Emergency Room : keep calm , keep safe</b> Safety First because Injuries Last -safety is as simple as ABC - Always Be Careful</p>	<p><b>ACT Center</b></p>	<p><b>Food services</b></p>
<p><b>Graduate services</b></p> <p><b>Keep calm , stress less</b> Met HWC Team and participate in a mental health screening activities</p>	<p><b>Keep Calm ,and Heal</b> Feelings and emotions are abstract but bad feelings can be recycled to good ones or at least produce good things out of them (feelings and emotions are subjective)</p>	<p><b>Keep calm , eat safe</b> Meet with KAUST FSQ &amp; Tamimi QC team, awareness and Educational material will be provided on Food safety best practice.</p>