

For Immediate Release



AUB's Women's Auxiliary volunteers spread awareness about health and nutrition

Beirut, Lebanon- 17/03/2011 -The Women's Auxiliary Association of the American University of Beirut Medical Center organized a special lecture to raise awareness about nutrition, diet and health.

Entitled "Food full of taste, good for health, the key to active living" and presented by Sawsan Wazzan Jabri, chief dietitian and co-owner of the Nutrition and Diet Center, the lecture attracted a large audience in Bathish Auditorium on March 10, 2011.

The lecture advised audience members on how to follow a balanced and healthy diet, demonstrating what a healthy serving for each food group constitutes. Audience members were shocked to find out that what they thought to be a healthy portion size often turned out to constitute overeating.

Jabri also went over the revolutionary ACT (Aggressive Cholesterol Treatment) program, designed by the Diet Center, in order to reduce blood cholesterol levels. Jabri also defined obesity and explained how food should be properly cleaned, handled, stored and cooked in order to prevent food poisoning.

Established some 20 years ago, The Nutrition and Diet Center was the first center in the Middle East dedicated to the nutritional health of the population. The center now has franchises in Riyadh, Jeddah, in Cairo, Kuwait, and Qatar, in addition to its main branch in Lebanon.

The Women's Auxiliary Association was established in 1950 by volunteers now known as the "Ladies in Pink". The organization's purpose is to raise funds for needy patients, to support AUBMC by providing medical equipment and services, and to help instill community awareness through various activities.

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Note to Editors

About AUB

Founded in 1866, the American University of Beirut bases its educational philosophy, standards, and practices on the American liberal arts model of higher education. A teaching-centered research university, AUB has more than 600 full-time faculty members and a student body of more than 7,000 students. AUB currently offers more than 100 programs leading to the bachelor's, master's, MD, and PhD degrees. It

provides medical education and training to students from throughout the region at its Medical Center that includes a full service 420-bed hospital.

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