



Nov 20, 2016

AAU organized a Lecture entitled "Diabetes and Healthy Nutrition"

The Deanship of Student Affairs at Al Ain University of Science and Technology –Abu Dhabi Campus- organized a workshop entitled “Diabetes and Healthy Nutrition”, in collaboration with Imperial College London Diabetes Centre, presented by Mrs. Fatema Sadeq and attended by number of academic and administrative staff in addition to the university’s students.

Mrs. Fatima talked about the types of diabetes, its causes, stages, risks and how to deal with this disease and ways to treat it. She explained the importance of exercise and lifestyle changes, eating healthy food, multiple ways to prevent this disease and avoid it, and stay away from bad eating habits.

[Press Release Link](#)