ESTABLISHED BY MUBS

NWN

NATIONAL WELLNESS NETWORK

الشبكة الوَطنية للرعاية

علم وخبر رقم ١٥٠٣































# NATIONAL WELLNESS NETWORK-NWN

## ANNUAL REPORT 2023





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# MESSAGE FROM THE PRESIDENT

In the pursuit of our mission to enhance community well-being, we have witnessed tremendous growth and impact. Our commitment to delivering affordable, high-quality health and wellness services remains unwavering. We have strived to empower individuals to lead healthier lives through integrated Health & Wellness, Sports & Fitness, Seniors Services, and Community Social Services programs.

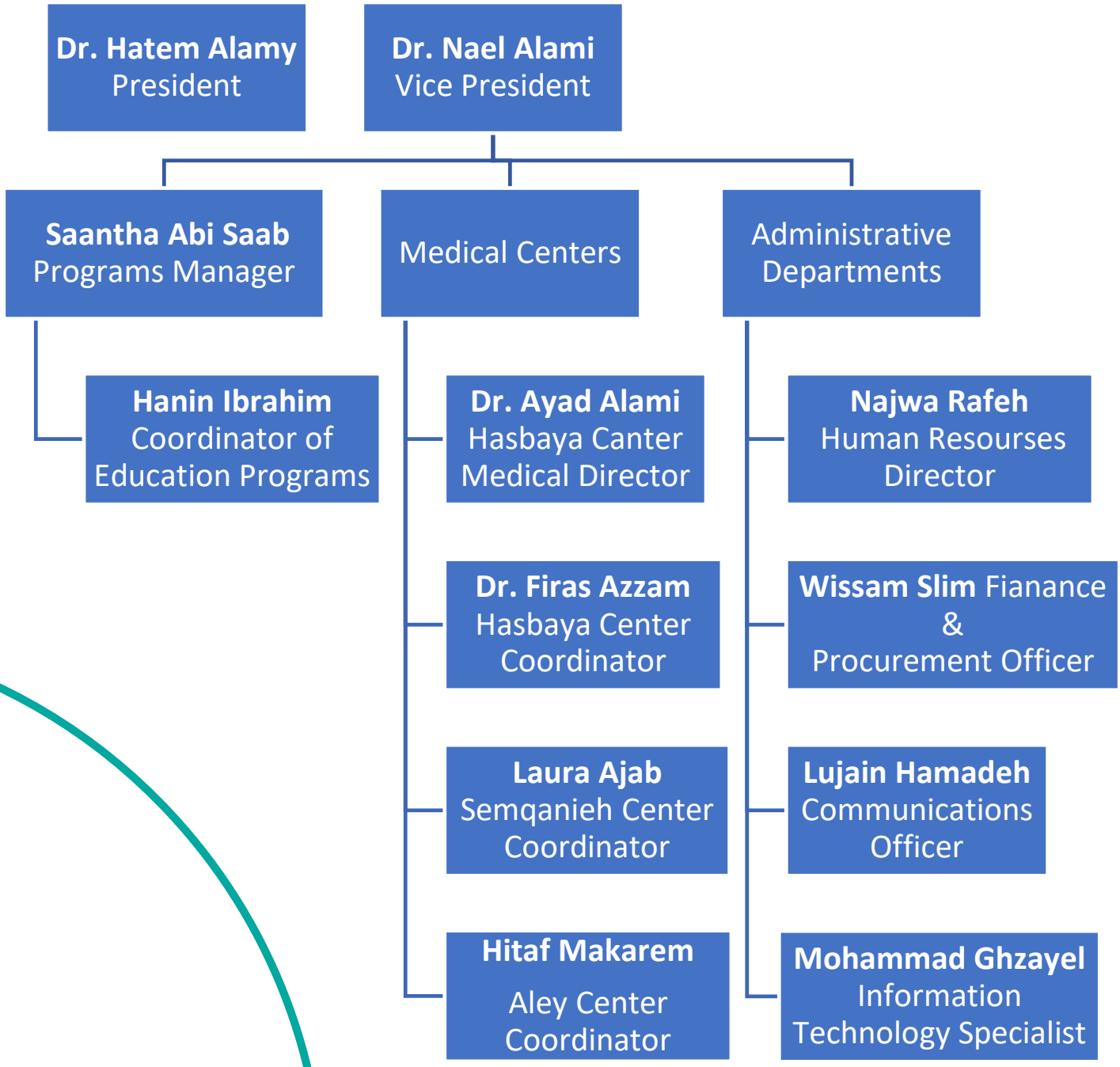
This report highlights our achievements, partnerships, and the countless lives we've touched. It reaffirms our dedication to building a healthier, happier, and more vibrant community.

Thank you for your continued support and belief in the NWN's mission. Together, we can look forward to another year of making a positive difference in the lives of many.



**Dr. Hatem Alameh**
**President, NWN**

# TEAM


Dr. Hatem Alamy
President
Dr. Nael Alami
Vice President
Saantha Abi Saab
Programs Manager
Medical Centers
Administrative Departments
Hanin Ibrahim
Coordinator of Education Programs
Dr. Ayad Alami
Hasbaya Canter Medical Director
Dr. Firas Azzam
Hasbaya Center Coordinator
Laura Ajab
Semqanieh Center Coordinator
Hitaf Makarem
Aley Center Coordinator
Najwa Rafeh
Human Resourses Director
Wissam Slim Fianance & Procurement Officer
Lujain Hamadeh
Communications Officer
Mohammad Ghzayel
Information Technology Specialist

# MISSION, VISION, & VALUES









## Mission

To protect, preserve, promote the wellbeing, and empower community individuals to live healthier lifestyle by providing integrated and comprehensive services, through open, onsite access to programs in the fields of Health & Wellness, Sports & Fitness, Seniors Services, and Community Social Services.

## Vision

The National Wellness Network (NWN) is committed to improving the wellness of the community through the delivery of affordable, comprehensive state of the art health and wellness services of the maximum quality for individuals of all ages. The commitment extends to create and sustain a culture that educates, motivates, and empowers MUBS students, faculty, staff, and the community to adopt and maintain healthy lifestyle behaviors necessary for the fulfillment of their academic, occupational, and personal goals.

## Our Values

- Integrity
- Equity
- Sustainable Development
- Empathy
- Inclusion
- Mutual Responsibility

# NWN KEY ACTIVITY CALENDAR 2023



**JANUARY 10**
Infectious Disease Webinar



**JANUARY 13**
Launching Youth Empowerment for Success Program



**JANUARY 23**
Free Vaccination Day for Children



**JANUARY 28**
Health Day in Hasbaya



**FEBRUARY 12**
Retinoblastoma Event in Jal El Dib



**FEBRUARY 5**
Free Medical Day in Deir Al Harf



**FEBRUARY 24**
TAKREEM Event for Retirees "Fayrouziyat"



**MARCH 3**
World Hearing Day: Free Health Day



**APRIL 19**
Chouf High School: Free Health Screening



**MAY 16**
Closing Ceremony: Youth Empowerment for Success



**JUNE 19**
Awareness Session: Youth Health & Well-being



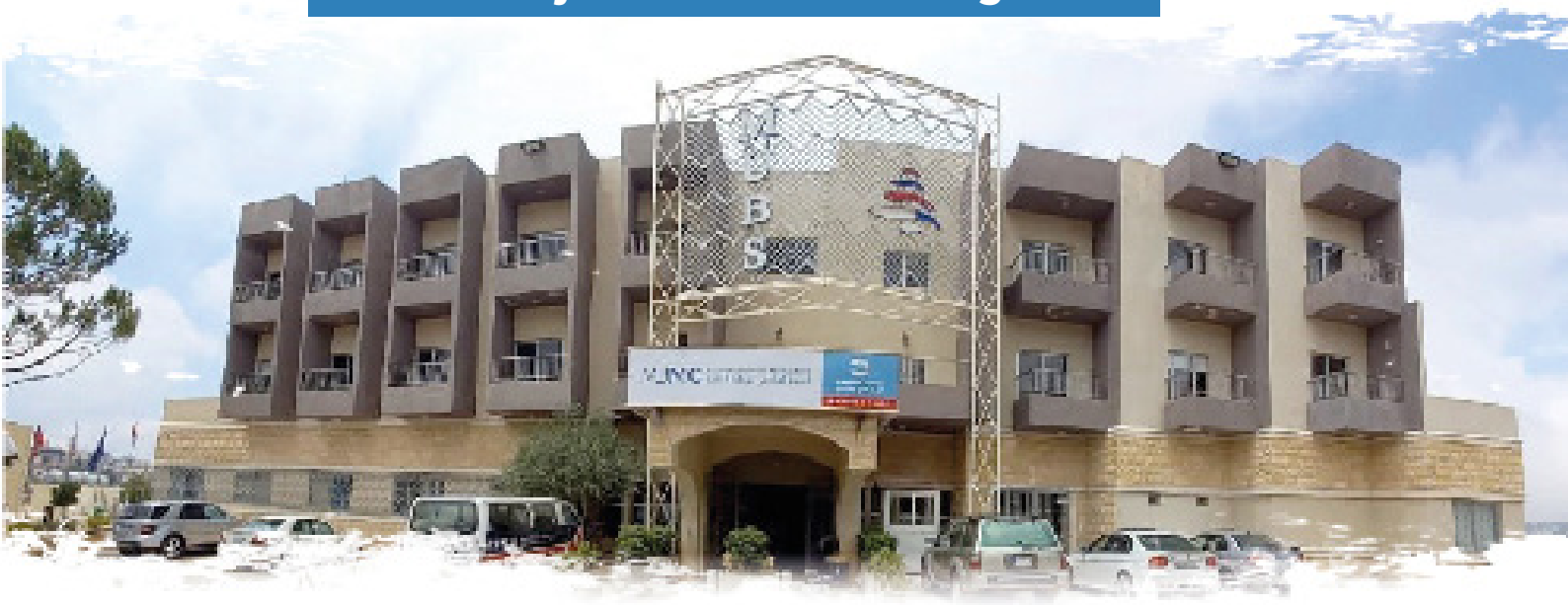
**JULY 30**
Al Jabal Marathon



**AUGUST 1**
National Army Day: Free Vision Screening Day

# OVERVIEW OF THE PREVIOUS YEAR

## Community Health Services Programs:



**3** Centers | **16** Free Health Days | **901** Health Days Beneficiaries | **9084** Medical Examinations

**The National Wellness Network offers various services and programs to promote community health and wellness. These services include:**

**1. Health Screenings:** The network conducts free health screenings for various health conditions, including diabetes, osteoporosis, infectious diseases, and more. These screenings are essential for early detection and prevention.

**2. Disease Awareness:** The network raises awareness about various health issues, including cancer (colorectal cancer, breast cancer), diabetes, sudden cardiac arrest, and retinoblastoma. These awareness campaigns aim to educate the community about risk factors, symptoms, and prevention.

**3. Wellness Seminars and Workshops:** Wellness seminars cover topics like mental health, the effects of diabetes, and the physiological and psychological effects of menopause. Workshops and webinars provide valuable information to the community.

**4. Vaccination and Immunization:** The network organizes free vaccination days for children, promoting essential immunizations to protect against diseases.

**5. Fitness and Yoga Training:** Yoga training sessions promote physical fitness and mental well-being. These sessions contribute to overall health and stress reduction.

**6. Vision Screening:** The network conducts vision screening programs in schools and communities, emphasizing the importance of eye health.

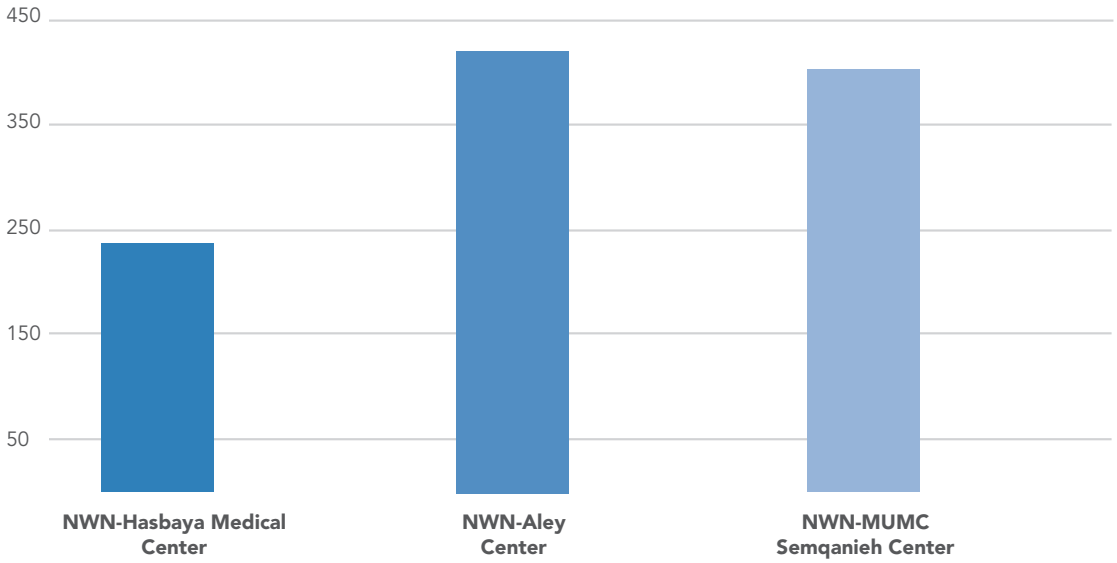
**7. Mental Health and Psychotherapy:** Events like "Mother's Day with a Discussion on Motherhood" and "Awareness about Youth Health & Well-being" highlight the network's commitment to menta l health and psychological well-being.

**8. Community Engagement:** The network actively engages with various stakeholders, including NGOs, municipalities, schools, and healthcare providers, to maximize the impact of its events and programs.

# BENEFICIARIES






**NWN-Hasbaya Medical Center:**

The NWN-Hasbaya Medical Center has had a positive impact on the community with a total of 235 beneficiaries. Notable activities include an infectious disease online webinar, a free health day in Dar Hasbaya, and vision screening events that reached a significant number of individuals. These efforts have contributed to improving health and well-being in the Hasbaya region.

**NWN-Aley Center:**

The NWN-Aley Center has made a substantial difference in the community, benefiting a total of 439 individuals. Key activities such as Medical Days, discussions on motherhood, and events focused on children's health have played a pivotal role in promoting well-being in the Aley region. This center's commitment to community health is evident through its diverse range of programs.

**NWN-MUMC Semqanieh Center:**

The NWN-MUMC Semqaineh Center has had a significant impact, engaging a total of 227 beneficiaries. This center's initiatives include webinars, vaccination days for children, health screenings, and awareness events. The wide array of activities reflects the center's dedication to fostering a healthier community in Semqaineh and beyond.

# YOUTH & EDUCATION PROGRAMS

## Youth Empowerment for Success

YES
Youth Empowerment for Success







### About

The National Wellness Network (NWN) with funding from Al Madad launched the YES program which provides unemployed Lebanese, Syrian and Palestinian youth with vocational training and job opportunities

### Cultural Objectives

The Youth Empowerment for Success (YES) Program, supported by Al-Madad Foundation, U.K. offers youth from under-served regions in Lebanon an opportunity to join the workforce after equipping them with necessary training in six disciplines.

### Benefits

Over 100 Lebanese, Syrian, and Palestinian youth residing in Lebanon are trained for a duration of 150 hours in one of the following programs, based on their preference and educational background.

- **Digital Marketing:** Participants learn about sales, marketing, and product management principles Food Safety & Security: Along with learning about the basic principles of food safety and proper food preparation techniques, students also learn about auditing

- **Education:** Exposes students to theories of teaching, educational psychology, learning disabilities, and strategies for dealing with different kinds of students in educational settings

- **NGO Management:** Participants learn about humanitarian principles, along with major concepts of project management and analyzing data using various tools

- **Information Technology:** Exposes participants to programming, website development, and networking

- **Design:** Equips all participants with basic 2D and 3D design skills, color theories, and logo design

# Programs








**100** Participants | **71** Refugee Participants | **60** Female Participants | **40** Male Participants

## Information Technology

## Digital Marketing

## NGO Management

## Design

## Education



## Testimonials

**Digital Marketing Program:** "I am happy to be part of this program and grateful for the trainers and admins. I hope we get similar opportunities in the future for new majors/programs."

**Education:** "My sincere gratitude for implementing this program. I was waiting for such a program for so long. I hope we can get more programs and such great opportunity. Maybe also participants over 40 can get such opportunities because some program excludes us due to the age factor."

**NGO Management Program:** "I was looking for programs like the YES program, but I found YES to be the best. It has exceeded my expectations and fills the gaps I had. The trainers are great and very skilled in delivering the information."

# THIS YEARS PARTNERS

- Hasbani Municipal Federation
- Progressive Youth Organization
- Mar Youssef Medical Clinic at Deir Al Harf
- Municipality of Aley Location
- Warm Heart Organization
- Kindness is Everywhere Association
- Beeco Hearing Center
- Youth Development Organization- YDO
- Donner Sang Compter- DSC
- Syndicat des Opticiens et Optometristes au Liban- SOOLB
- Al Madad Foundation | United Kingdom
- The Modern University for Business & Science- MUBS
- Wolrd Health Organization- WHO
- Ministry of Public Health- MoPH




الجمهورية اللبنانية
وزارة الصحة العامة

World Health Organization

DSC
donner sang compter

SYNDICAT DES OPTICIENS ET OPTOMETRISTES - LIBAN

Al Madad Foundation

Warm Heart

Hearing Center

Lifecare Polyclinic

| Center | Event | Partners | Date | Total Number of Beneficiaries |
|---|---|---|---|---|
| NWN-Hasbaya Medical Center | Infectious disease online webinar | Dr. Rodaina Kordab<br>Dr. Hilal Abdelsamad | 10/01/2023 | 40 |
| | Free health day in Dar Hasbaya | MUMC Hasbani municipal federation<br>Progressive Youth organization | 28/1/2023 | 120 |
| | Free vision screening week for mother's day | - | 24/03/2023 | 28 |
| | Vision screening day at Al Hekma school | Al Hekma school - Khalwat | 11/04/2023 | 32 |
| | Free vivion screening day for National Army day | - | 01/08/2023 | 15 |
| Total | | | | 235 |
| NWN-Aley Center | Medical Day in Aley on Children's Day | Mar Youssef Medical Clinic at Deir Al Harf | 05/04/2023 | 39 |
| | Mother's Day with a Discussion on Motherhood | Municipality of Aley and in partnership with therapist and psychoanalyst Dr. Tharwat Dliqan Monzer | 21/03/2023 | 150 |
| | Medical Day at Deir Al Harf | Mar Youssef Medical Clinic, the "Warm Heart" organization, and the "Kindness is Everywhere" association | 05/02/2023 | 100 |
| | Medical Day at Ras Al Matn | Al- Matn's Progressive Youth Organization, Mar Youssef Medical Clinic at Deir Al Harf, and the "Kindness is Everywhere" association | 22/01/2023 | 150 |
| Total | | | | 439 |
| NWN-MUMC Semqaineh Center | Free Vaccination day for children | Dr. Roudaina Kordab | 23/1/2023 | 8 |
| | World Hearing Day - free health day | MUMC and Beeco hearing center | 03/03/2023 | 34 |
| | Vision screening at Bakaata official school | Bakaata official school | 28/3/2023 | 65 |
| | Health screening at Shouf High school | Shouf High School Bakaata (vision test, body assessment, nurse assessment, BMI) | 19/4/2023 | 120 |
| Total | | | | 227 |
| **Total Number of Beneficiaries in all Centers** | | | | 901 |