NWN
NATIONAL WELLNESS NETWORK
الشـــبكة الوَطـــنية للرعـــاية
علم وخبر رقم ١٥٠٣



NATIONAL WELLNESS NETWORK-NWN

ANNUAL REPORT 2024

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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.)

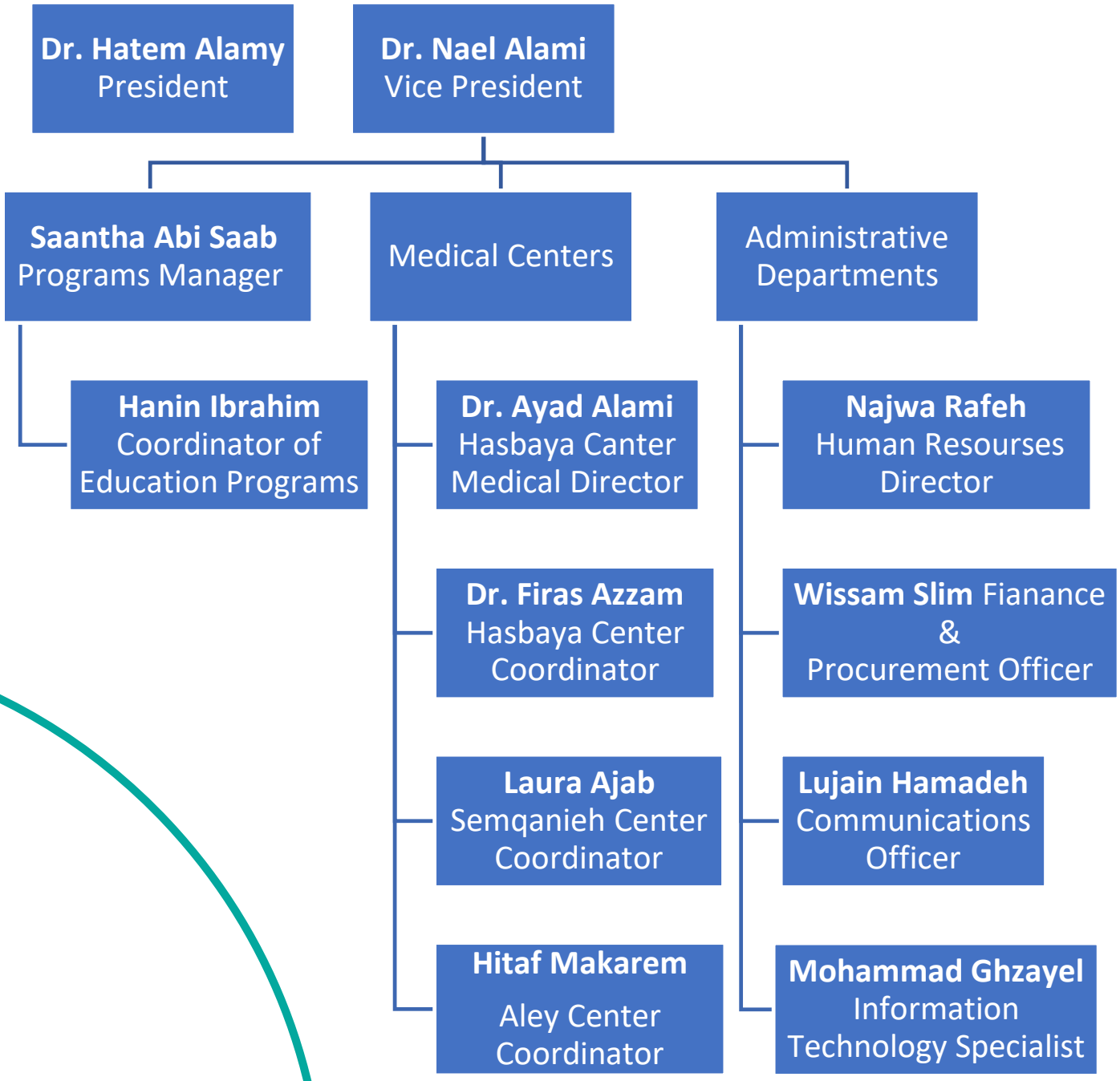
This report highlights our achievements, partnerships, and the countless lives we've touched. It reaffirms our dedication to building a healthier, happier, and more vibrant community.

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


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President
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Information Technology Specialist

MISSION, VISION, & VALUES



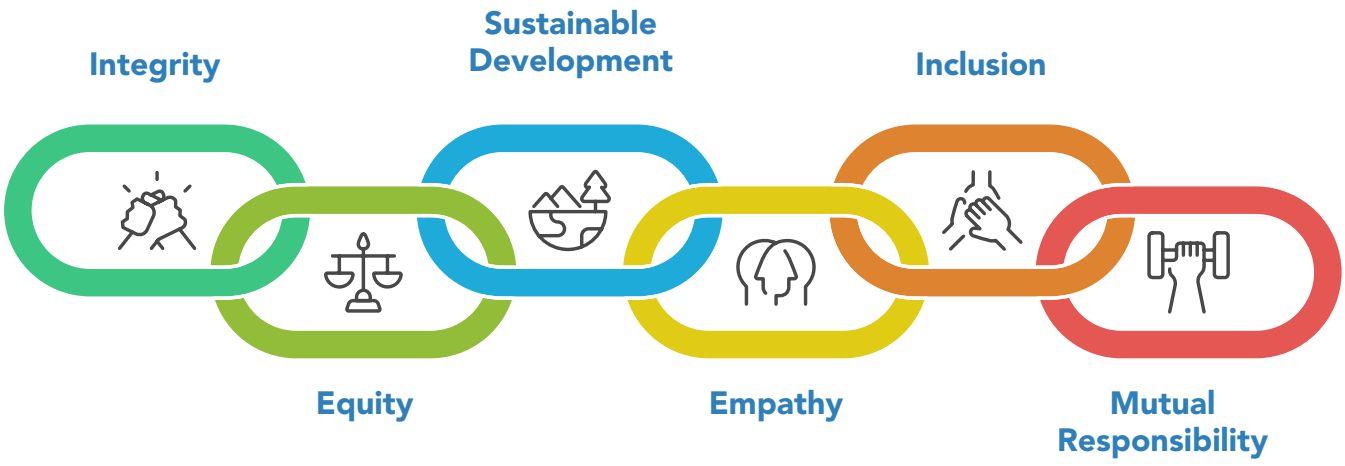
Mission

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

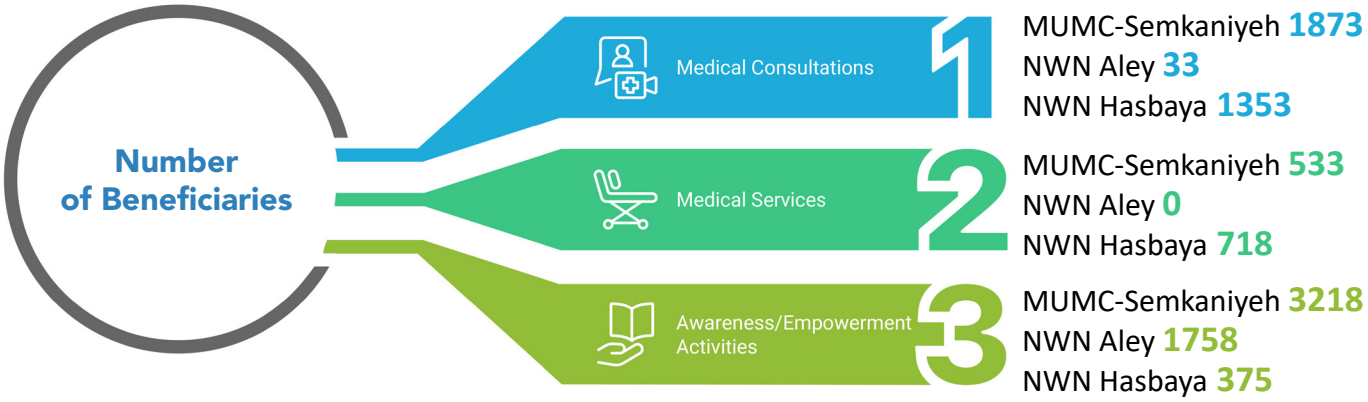


OVERVIEW OF THE PREVIOUS YEAR

Community Health Services Programs:



Unveiling Healthcare Impact Through Beneficiary Counts



Note: The number of beneficiaries from medical consultations and medical services at NWN – Aley is notably low this year. This is primarily due to the absence of several key medical services, such as eyeglasses, echocardiograms, PCR and rapid tests, lab tests, ECG, health certificates for students, the Blobby Diet Program per box, ER treatment, vaccination, and reflexology.

Additionally, the center has been focused on revitalizing its operations, enhancing its services, and attracting professional doctors to collaborate, with the goal of improving outcomes and increasing the number of beneficiaries in the future.

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 mental health and psychological well-being.

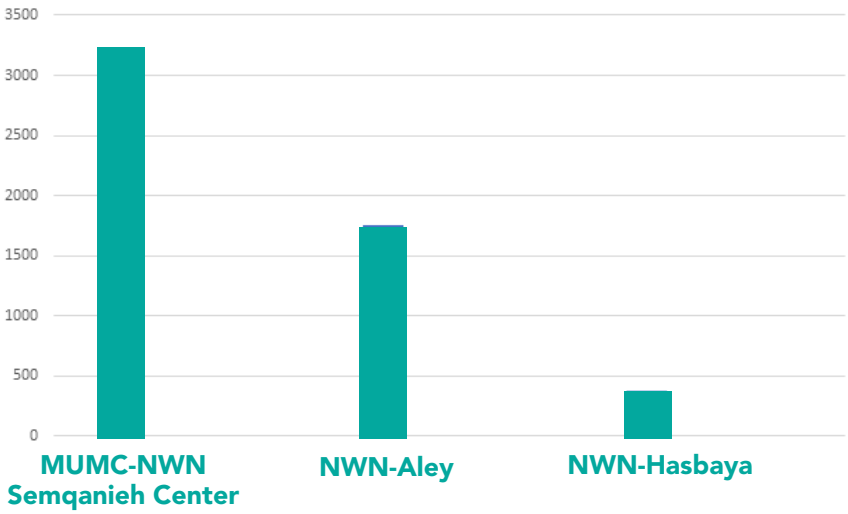
8. **Community Engagement:** The network actively engages with various stakeholders, including NGOs, municipalities, schools, and healthcare providers, to maximize the impact of its events and programs.

BENEFICIARIES



NWN-Hasbaya Medical Center:

The NWN-Hasbaya Medical Center has had a positive impact on the community with a total of 375 beneficiaries. Notable activities include free health days 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 1758 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 Semqaineh Center:

The NWN-MUMC Semqaineh Center has had a significant impact, engaging a total of 3218 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.

TAKREEM PROGRAMS

ESTABLISHED BY NWN

تكريم
نادي نهاري للمتقاعدين

About:

NWN first launched the original version of TAKREEM in 2022. The program was designed as a day club for seniors and elderly individuals aged 65 to 80, offering a supportive environment that caters to their psychological, social, recreational, productive, and health care needs.

Cultural Objectives:

TAKREEM aims to maintain the dignity of seniors within their environment and community, foster intergenerational connections by transferring their experience to younger generations, and provide a space where they can remain active and valued members of society.

Benefits:

Over 70 Lebanese elder persons benefited from this program along with youth. Both genders were involved in the activities.

Programs:



Health activities: awareness lectures, health screenings, medications distribution

Entertainment activities: cinema movie, group games

Social activities: networking, interaction between the two generations, spiritual sessions, exchange of expertise

Intellectual activities: reading sessions, intellectual games

Digital literacy: brief session about social media platforms

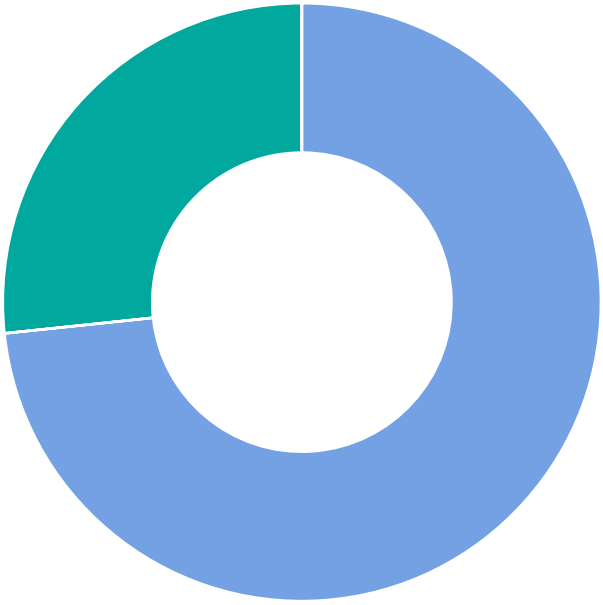








Distribution of Participants by Age Group (participants)



55 Elderlies
Participants aged 60 and above

20 Youth
Participants aged 18 to 30

Testimonials

Testimonial on behalf of the participants:

"The gathering was satisfying and we enjoyed a lot during the activities".

Testimonial of the participating NGO Qalaat Al Ataa:

"Thank you NWN for this lovely day. It was a pleasant day indeed".

Testimonial on behalf of NWN staff:

"Watching the smiles on participants faces gave us a dose of hope and encouragement to continue supporting the community".

NWN HEALTH ACTIVITIES & BENEFICIARIES

Event/ activity name	Partners	Date	Number of beneficiaries
MUMC – Semkaniyeh			
Vaccination campaign	with Mazraat Al Chouf municipality	6/1/2024	19
Vaccination campaign	with Atrin municipality	13/1/2024	11
Vaccination campaign	with Gharifeh municipality	20/1/2024	24
Glaucoma awareness event	Raphael eye organization, MUMC, and NWN (presented by Dr. Marwan Atallah, opthalmologist)	22/1/2024	60
Health day at Ketermeya (3 schools	Global International school, Ketermeya official school, Modern school ketermeya	23/1/2024	120
Vaccination campaign	With Ain wazein municipality	27/1/2024	24
Vaccination campaign	with Ainbal municipality	3/2/2024	5
Health day at Chehim	Grand Lycee, Ajyal Al Ghad high school	7/2/2024	120
Vaccination campaign	with BEAM NGO – Bakaata	10/2/2024	8
Cinema movie	West Hill College at NWN Semkaniyeh	15/2/2024	51
Vaccination campaign	with Kahlounieh municipality	17/2/2024	11
Health day at Mrayjeh	Charity high school	22/2/2024	180
Vaccination campaign	with Gharifeh municipality	24/2/2024	9
Health day at Batloun Official secondary school	Batloun official secondary school	29/2/2024	85
Vaccination campaign	with Baaklin municipality	2/3/2024	10
Vaccination campaign	with Baaklin municipality	9/3/2024	0
Vaccination campaign	with Jdaideh municipality	16/3/2024	6
Mother's day event	Discussion with the psychologist Dr. Joanna Abou Chakra about relation between mothers and children	21/3/2024	50
Vaccination campaign	with Kfarnabrakh municipality	23/3/2024	10
School health program	مزرعة الشوف المختلطة المتوسطة الرسمية	8/4/2024	93
School health program	مدرسة عينبال عترين المختلطة المتوسطة الرسمية	22/4/2024	79
School health program	مدرسة دير القمر المتوسطة الرسمية المختلطة	23/4/2024	29
School health program	ثانوية المؤرخ جوزيف نعمة	23/4/2024	47
School health program	مدرسة مزرعة الشوف المختلطة المتوسطة الرسمية	25/4/2024	90
School health program	مدرسة بقعاتا المختلطة المتوسطة الرسمية	29/4/2024	18

School health program	مدرسة عين وزين المختلطة المتوسطة الرسمية	30/4/2024	32
School health program	مدرسة كمال جنبلاط الرسمية	07/05/2024	58
School health program	مدرسة عين وزين المختلطة المتوسطة الرسمية	09/05/2024	34
School health program	مدرسة المربي رؤوف ابي غانم المتوسطة المختلطة الرسمية	09/05/2024	15
Kidney event	With MYRIAD, DiaLab, EDKD	11/5/2024	55
School health program	مدرسة كمال جنبلاط الرسمية	13/5/2024	52
School health program	مدرسة كمال جنبلاط الرسمية	15/5/2024	113
School health program	ثانوية المختارة الرسمية	16/5/2024	45
School health program	مدرسة المربي رؤوف ابي غانم المتوسطة المختلطة الرسمية	20/5/2024	60
School health program	ثانوية بتلون الرسمية	22/5/2024	69
School health program	مدرسة كمال جنبلاط الرسمية	23/5/2024	88
School health program	مدرسة المربي رؤوف ابي غانم المتوسطة المختلطة الرسمية	7/5/2024	41
School health program	مدرسة كمال جنبلاط الرسمية	30/5/2024	100
Health needs assessment	Mokhtara official secondary school	27-9-2024	97
Health needs assessment	Atrin ainbal official school	30-9-2024	35
Health needs assessment	Mazraa official school	1/10/2024	44
Health needs assessment	Ain Wazein official school	2/10/2024	13
Health needs assessment	Kfarnabrakh official school	3/10/2024	13
Health services to displaced people (Mdx, vaccines, lice checkup)	Mazraat Al Chouf official school	10/10/2024	85
Health services to displaced people (Mdx, vaccines, lice checkup)	Kfarnabrakh official school	14/10/2024	97
Health services to displaced people (Mdx, vaccines, lice checkup)	Ain Wazein official school	14/10/2024	92
Health services to displaced people (Mdx, vaccines, lice checkup)	Jdaideh official secondary school	21/10/2024	231
Health services to displaced people (Mdx, vaccines, lice checkup)	Atrin ainbal official school	1/11/2024	101
Health day for displaced people	In collaboration with Medecins Sans Frontieres & Semqanieh municipality	30/10/2024	47
Health day for displaced people	In collaboration with Medecins Sans Frontieres & Semqanieh municipality	5/11/2024	73
National Campaign for vaccination to displaced people	At Kfarnabrakh official school & Bakaata official school in collaboration with MOPH	12/11/2024	55
Medications distribution	At Bakaata official school	12/11/2024	101

World Diabetes day	With DiaLab, primary health care center	14/11/2024	24
National Campaign for vaccination to displaced people	At Ain Wazein official school & Mokhtara official secondary school	15/11/2024	66
Health day for displaced people	In collaboration with Medecins Sans Frontieres MSF & Semkanieh municipality	19/11/2024	50
National Campaign for vaccination to displaced people + medications distribution	Ainbal Atreen official school	26/11/2024	72
National Campaign for vaccination to displaced people	Mazraa official school	27/11/2024	18

NWN-Aley

Health day at school	Chehim official secondary school	16/1/2024	105
Health day at school	St. George Bsalim	22/1/2024	42
Health day at school	Mazraat Yachouh Official High School	22/1/2024	37
Health day at school	Lycee Technique Jbeil	1/2/2024	75
Health day at school	Lycee Baabdat	15/2/2024	70
Health day at school	Charity school AT Mrayjeh	22/2/2024	180
Health day at school	Bet Chabeb High School	1/3/2024	40
Health day at school	Jubran Andrawis El Twaine AT Beirut	13/5/2024	130
سوى نحنا اقوى	Damour Official School	10/10/2024	55
سوى نحنا اقوى	Kfarmatta Official School	18/10/2024	45
سوى نحنا اقوى	Bayssour Official School	8/10/2024	150
سوى نحنا اقوى	Aley Official School	11/10/2024	85
سوى نحنا اقوى	Damour Official School	25/10/2024	224
Research nutrition study	Aley Official School	10/10/2024	45
Research nutrition study	Damour Official School	18/10/2024	40
Research nutrition study	Kfarmatta Official School	8/10/2024	65
Research nutrition study	Bayssour Official School	11/10/2024	70
Research nutrition study	Aley Official School	25/10/2024	50
Research nutrition study	Damour Official School	17/11/2024	30
Research nutrition study	Aley Official School	30/11/2024	60
Research nutrition study	Baysour Official School	4/11/2024	60
Research nutrition study	Abey Official School	5/11/2024	40
Medical day	NWN aley center	30/11/2024	60

NWN- Hasbaya

Vision screening day	MUBS- Hasbaya public highschool	26/03/2024	45
Vision screening day	MUBS- Lebanese Modern College Hasbaya	4/4/2024	55
Vision screening day	MUBS- Future highschool	13/04/2024	30
Free health day in Khalwat	Progressive youth organization Progressive women federation	28/04/2024	150
Seminar about Cybersecurity and blackmailing	Ain Qenia and Beyond	08/06/2024	95

ESTABLISHED BY MUBS

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