ESTABLISHED BY MUBS

NWN

NATIONAL WELLNESS NETWORK

الشـــبكة الوَطـنية للرعـــاية

علم وخبر رقم ١٥٠٣

















NATIONAL WELLNESS NETWORK-NWN

ANNUAL REPORT 2025-2026

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MESSAGE FROM THE PRESIDENT

During the period from June 2025 to June 2026, the National Wellness Network continued to translate its commitment to community well-being into practical services and opportunities. Through our medical centers, school outreach, prevention campaigns, and community-based activities, we worked to make essential health and wellness services more accessible, while responding to the evolving needs of the communities we serve.

Our approach recognizes that well-being is built through much more than clinical care. It requires education, inclusion, dignity, participation, and meaningful partnerships. This year, NWN continued to bring health education into schools, support vulnerable families, provide medical and laboratory services, create spaces for senior well-being and expand opportunities for young people to participate in community life.

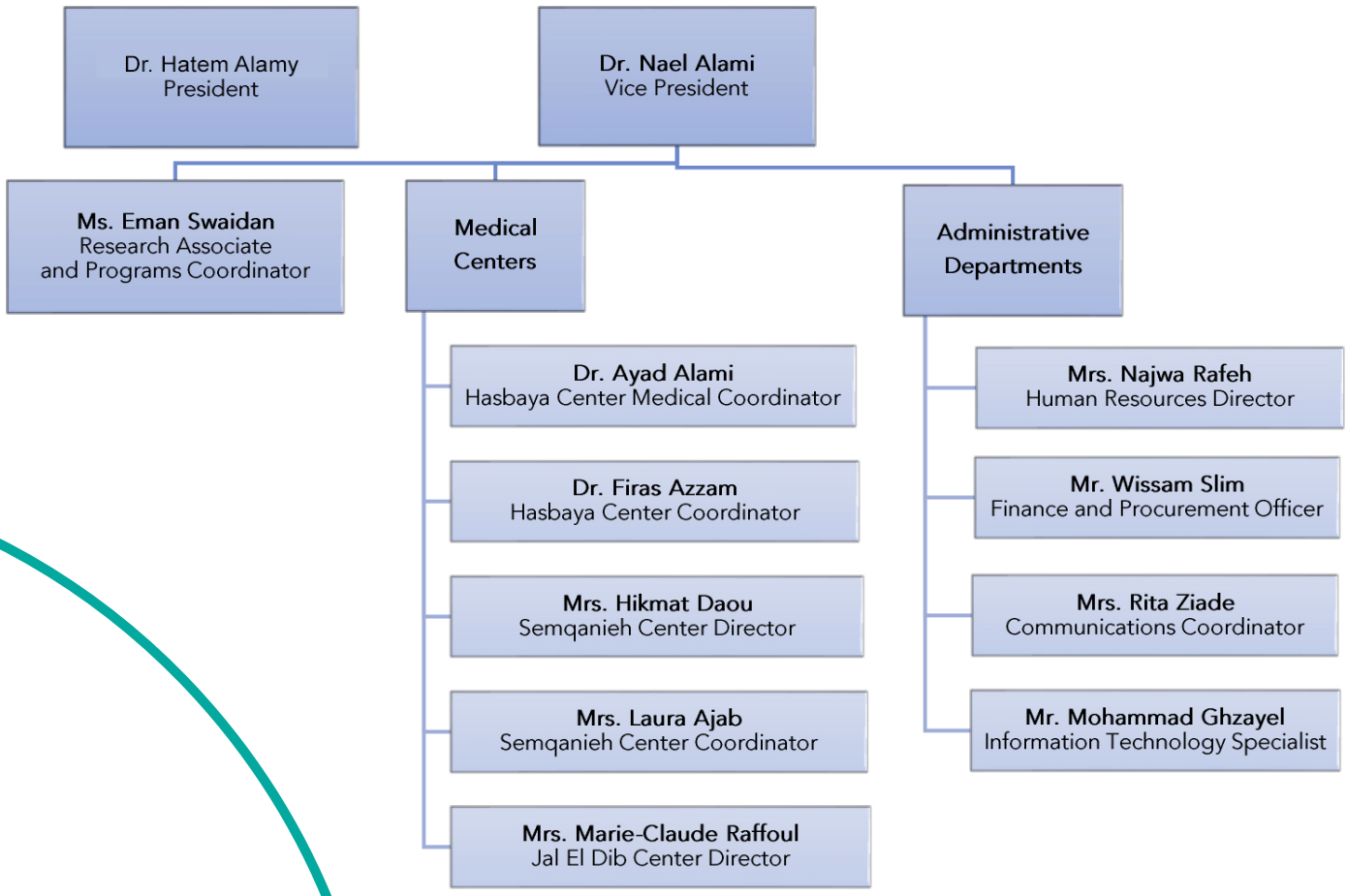
The recognition received through the QS Reimagine Education Awards 2025 reflects the collective efforts of the NWN team, the Modern University for Business and Science, our partners and the communities that welcome our work. We remain committed to building on these achievements through responsive programs, stronger collaboration, and services that put people first.



Dr. Hatem Alamy
President, National Wellness Network

MEET THE TEAM

NWN is guided by its institutional leadership and supported by a multidisciplinary network of medical professionals, program coordinators, administrative personnel, educators, and volunteers. The network works across its service centers and partner communities, drawing on the complementary expertise required to deliver both individual care and community-based initiatives.



MISSION, VISION, & VALUES



About NWN: 8+ Years of Impact

Established in 2018 by the Modern University for Business and Science (MUBS), the National Wellness Network (NWN) has spent over eight years working to improve health, well-being, and opportunities for underserved communities across Lebanon.

Our work goes beyond providing healthcare. Through our medical centers and community programs, we offer free healthcare services, preventive health education, mental health and psychosocial support, senior wellbeing activities, and youth empowerment initiatives. We focus on reaching people who face financial, geographic, and social barriers to essential services and opportunities.

We bring together healthcare professionals, educators, students, volunteers, and community partners to respond to real needs on the ground. This connection allows us to combine academic expertise with practical community work, supporting healthier individuals, stronger communities, and lasting opportunities for those we serve.

Mission

To protect, preserve, and promote well-being, and empower community members to adopt healthier lifestyles through accessible and integrated programs in health and wellness, sports and fitness, senior services, and community social services.

Vision

A community in which affordable, comprehensive, and high-quality health and wellness services are accessible to individuals of all ages, and where education, and opportunity enable people to sustain healthy lifestyles and achieve their personal, educational and professional aspirations.

Our Values

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

AWARDS & RECOGNITION

QS Reimagine Education Awards 2025



NWN, presented by the Modern University for Business and Science (MUBS), received the Middle East Regional Silver Award in the Nurturing Wellbeing and Purpose category at the QS Reimagine Education Awards 2025.

The award recognizes our work in making healthcare, health education, psychosocial support, and community empowerment more accessible to underserved communities in Lebanon. It also highlights the role of our partnership with MUBS in connecting academic expertise with community needs.

This recognition is an important achievement for our team and the healthcare professionals, volunteers, and partners who have contributed to NWN's work over the years.





Zairi International Award for Excellence in Higher Education 2025–2026







The Modern University for Business and Science (MUBS) received the Zairi International Award for Excellence in Higher Education 2025–2026 in the Outstanding Non-Profit Contribution to the Community category, recognizing the work and impact of NWN.

The award acknowledges our contribution to improving healthcare access, promoting wellbeing, and supporting vulnerable and underserved communities across Lebanon. The award was presented on September 29, 2026, during the seventh MENA Higher Education Leadership Forum in Dubai.

COMMUNITY HEALTH SERVICES PROGRAMS

Medical Consultations and Diagnostic Services

Through our community medical centers, we provide free healthcare services to individuals and families who may otherwise struggle to access them. Our services include medical consultations across different specialties, laboratory testing, preventive care, and health education. By offering these services closer to where people live, we help reduce the financial and geographic barriers to healthcare and provide ongoing support to communities in need.

School Health and Preventive Education

We work closely with schools and local communities to promote healthier habits and identify health concerns among children and young people. Our school health activities include medical assessments, screenings, disease awareness sessions, hygiene education, and practical health guidance. These activities allow us to reach students directly in their schools, identify potential health needs early, and encourage greater awareness of prevention and healthy living among students and their families.

At Semqanieh, school outreach remained an important route to early prevention and health awareness. Activities included school health assessments, diabetes education, screenings, and practical guidance for young people. Schools served as trusted partners, helping NWN reach children and families in familiar environments and encouraging healthier habits through direct community engagement.

Medical Days and Awareness Campaigns

Throughout the year, we organized free medical days and awareness campaigns to bring healthcare services and reliable health information closer to our communities. Working with local partners and healthcare professionals, we provided medical consultations, screenings, and guidance on disease prevention and early detection.

Among these activities was a free medical day at MUMC Semqanieh on July 18, 2025, which provided more than 90 consultations. We also organized breast cancer and diabetes awareness activities, helping community members better understand these conditions, recognize potential health risks, and take steps toward prevention and early detection.

Through these activities, we continue to make preventive healthcare more accessible and encourage people to take an active role in looking after their health.

The program included community medical days and awareness initiatives, among them a free medical day at MUMC Semqanieh on 18 July 2025 organized with local partners and breast cancer and diabetes awareness activities during the year. By combining health information with practical access to professionals and services, these activities supported timely consultations and preventive action.









Humanitarian and Emergency Outreach

Supporting vulnerable communities during times of crisis has always been an important part of our work. During the first half of 2026, we continued reaching displaced families and individuals in need through medical visits and outreach activities in schools and local communities. Our teams provided medical consultations, medications, hygiene and health education, child health assessments, vaccination-related services, women's healthcare, and psychosocial support.

Building on our previous emergency response efforts, including support provided during the Beirut Port Explosion and periods of mass displacement, we continue to work with local partners to respond to urgent needs and reach families who have limited access to essential healthcare services.

NWN outreach teams responded to needs among displaced families and other vulnerable groups through school-based visits during the first half of 2026. Activities in the Semqanieh register included medical consultations, medication distribution, hygiene and lice-related interventions, women's healthcare, and assessments for children. Repeated visits to schools reflected an effort to provide continuity of support as needs evolved.

Together We Are Stronger campaign

During the 2026 Israeli war on Lebanon, the National Wellness Network (NWN), in collaboration with MUBS, mobilized its "Together We Are Stronger" campaign to support displaced families and vulnerable communities. The initiative focused on delivering essential humanitarian aid, healthcare services, psychosocial support, and educational activities, bringing together volunteers, students, professionals, and community partners to provide relief, restore hope, and strengthen solidarity during the crisis.











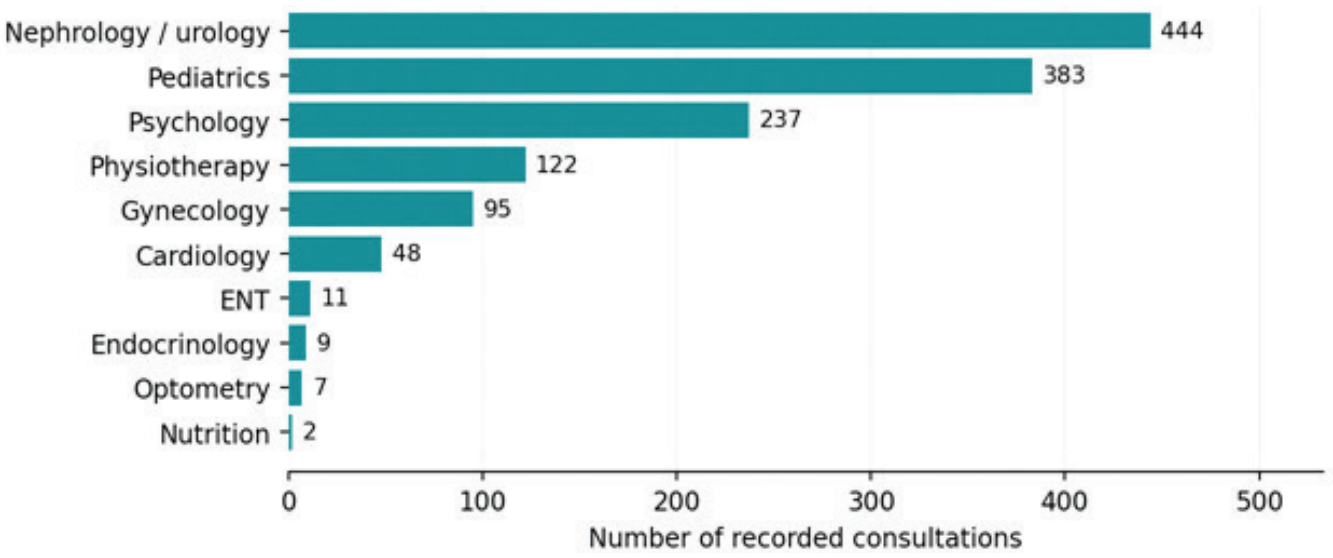




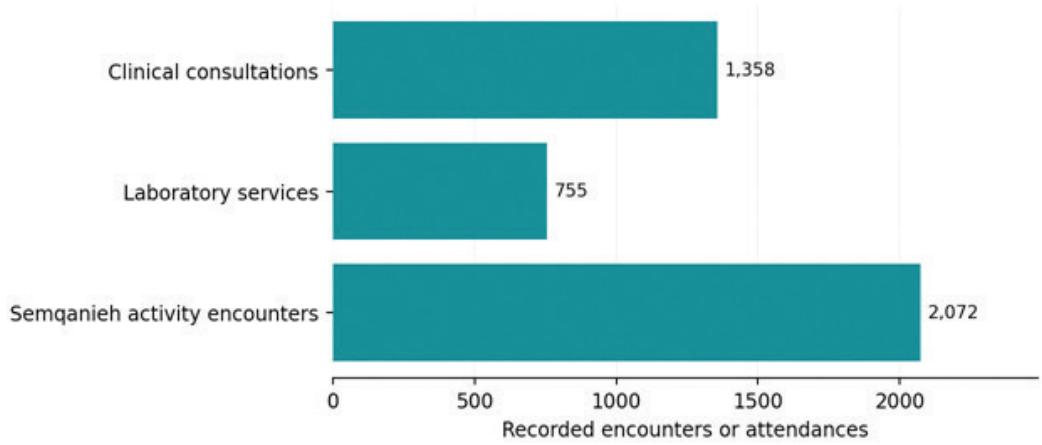
BENEFICIARIES & OUR IMPACT IN NUMBERS

The following figures summarize the records received for the reporting period. They represent different service measures and are therefore presented separately: Hasbaya reports clinical and laboratory encounters, whereas Semqanieh reports attendance and encounters associated with activities. Individuals may have benefited from more than one service or activity.

Center	Consultations	Laboratory Services	Reported Service or Activity Volume
Hasbaya	1,358	755	2,113
Semqanieh	—	—	2,072 recorded activity attendances / encounters
Semqanieh delivered 57 activities dated within the reporting period. The center's submission contained 78 entries in total; only those within 1 June 2025–30 June 2026 are reflected in this report.			



Hasbaya medical consultations by specialty (1,358 consultations).



Different indicators are shown together for comparison only; the bars do not represent distinct individuals.

TAKREEM: PROMOTING ACTIVE AGING & SENIOR WELL-BEING

Launched in 2023, our TAKREEM Elderly Lounge provides older adults with a welcoming space to stay active, connected, and involved in their communities. Through health, recreational, cultural, and educational activities, we encourage social interaction, emotional well-being, and stronger connections between generations.

TAKREEM also addresses the isolation many older adults experience by creating opportunities for companionship, shared experiences, and support. Since its launch, the initiative has reached more than 50 older adults and engaged 20 students in its activities.
In June 2026, our Semqanieh center organized two psychosocial support sessions for older adults living with musculoskeletal conditions, recording 10 attendees at each session. These activities are part of our continued efforts to support both the physical and emotional well-being of older community members.



















YOUTH & COMMUNITY EMPOWERMENT PROGRAMS

At NWN, we believe that well-being also means having access to education, opportunities, and a voice in the community. Through our Youth & Community Empowerment Program, we work with local and international partners to support young people, particularly in rural and underserved areas, in developing the skills and confidence to build better futures.

Our programs focus on education, vocational training, employment readiness, digital skills, leadership, and civic participation. We aim to address challenges such as limited job opportunities, language barriers, and unequal access to education and training.

Over the years, we have implemented initiatives including Youth Empowerment for Success (YES), Youth Tech Builders (YTB), HOPES, Young Med Voices, and Youth Activism for Lebanese Accountability (YALA!). These programs have helped young people develop practical skills, explore employment opportunities, and take a more active role in their communities.

Democracy Academy for Lebanese Youth (DALY)

Launched in December 2025, the Democracy Academy for Lebanese Youth (DALY) is one of NWN's youth empowerment initiatives, funded by the European Endowment for Democracy (EED) with support from the European Commission.

The academy brings together over 70 young people aged 18–30 from Rashaya and Hasbaya, providing them with opportunities to learn about democracy, citizenship, public institutions, and their role in shaping decisions that affect their communities. Through DALY, we aim to make civic education and opportunities for political participation more accessible to young people in rural areas.

DALY
DEMOCRACY ACADEMY FOR LEBANESE YOUTH

The program combines interactive workshops, practical exercises, parliamentary simulations, field visits, and discussions with experts and decision-makers. Participants explore how the Lebanese political and parliamentary systems work, how laws and public policies are developed, and how they can raise concerns and advocate for issues affecting their communities.

An important part of DALY is giving young people opportunities to engage directly with Members of Parliament and public institutions. These exchanges allow participants to ask questions, discuss different viewpoints, and better understand how decisions are made. The academy also encourages critical thinking, constructive dialogue, leadership, and respect for different perspectives.

Building on our earlier civic engagement work through initiatives such as YALA!, DALY reflects our continued commitment to helping young people move from learning about democracy to taking an active and informed role in their communities and public life.

PARTNERSHIPS & SUPPORTERS

These organizations contributed in different capacities, including hosting, outreach, program delivery, volunteering, collaboration and funding. Inclusion in this section does not imply that every collaborator provided a financial contribution.

EUROPEAN ENDOWMENT FOR DEMOCRACY

الصليب الأحمر اللبناني Croix Rouge Libanaise

MUBS MODERN UNIVERSITY FOR BUSINESS & SCIENCE

AIM ASSESS-IDENTIFY-MASTER

IYAMED PHARMACEUTICALS

LIONS INTERNATIONAL

SCALE Specialized Centre for Accessible Learning and Education

قلعة العطاء

HEROES INITIATIVE TURN DISABILITY TO ABILITY

DG. JOSEPH ABOU KHALIL DISTRICT 351 2024-2025 Belong LEBANON-JORDAN-PALESTINE

السمقانية إتحاد بلديات الشوف السويجاني

LA CIME School

LIONS BEIRUT CODE Serving with a Smile

NWN HEALTH ACTIVITIES & BENEFICIARIES

Date	Activity	Partner / location	Recorded attendance
29 Jun 2025	Educational event with SCOPE NGO at Baakline	SCOPE, MUMC, & MUBS	community
18 Jul 2025	Health day at MUMC Semqanieh	Lions Code Beirut, Semqanieh Munipality, NWN, IYAMED	more than 90 consultations
07 Oct 2025	Special Needs event at Aley (musical theatre)	NWN, MUBS, Qalaat Al Ataa', AIM Academy, & Heroes initiative	45
12 Oct 2025	School health program	Mazraa Official School	66; 74
30 Oct 2025	Breast cancer awareness month	Red Cross/Social Work volunteer students	20
05 Nov 2025	School health program	Bakaata Official School	69
13 Nov 2025	Diabetes type 1 awareness	Ainbal Atreen Official School	45
19 Nov 2025	School health program	Batloun Official School	63
25 Nov 2025	Diabetes awareness event	Optometrist, nurse, dietitian; NCD screening + orientations	20
15 Dec 2025	Christmas cinema movie	La Cime School & SCALE	48; 52
18 Dec 2025	Christmas cinema movie	Mazraa Official School	50
05 Jan 2026	Medication distribution & doctor consultation	Ain Wazein Official School	11
05 Jan 2026	Medication distribution & doctor consultation	Ainbal Atreen Official School	14
15 Jan 2026	School health program	Ainbal Atreen Official School	17
21 Jan 2026	School health program	Mazraa Official School	99

22 Jan 2026	School health program	Not supplied	40
28 Jan 2026	School health program	Ain Wazein Official School	106
29 Jan 2026	School health program	Bakaata Official School	36
06 Feb 2026	Medication distribution & doctor consultation	Mazraa Official School	3
25 Feb 2026	School health program	Bakaata Official School	28
06 Mar 2026	Medication distribution, doctor consultation, & malnutrition assessment	Ain Wazein Official School	17
16 Mar 2026	Medication distribution to displaced people, anti-lice medication, & awareness	Ainbal Atreen Official School	42
17 Mar 2026	Medication distribution to displaced people, anti-lice medication, & awareness	Ain Wazein Official School	51
17 Mar 2026	Medication distribution to displaced people, anti-lice medication, & awareness	Bakaata Official School	79
18 Mar 2026	Medication distribution to displaced people, anti-lice medication, & awareness	Mazraa Official School	69
28 Mar 2026	Medication distribution to displaced people, anti-lice medication, awareness, & women's health	Ain Wazein Official School	64
28 Mar 2026	Vaccination assessment for children	Ain Wazein Official School	40
30 Mar 2026	Children's assessment, vaccination, & women's health	Ainbal Atreen Official School	20

30 Mar 2026	Children’s assessment, vaccination, & women’s health	Ain Wazein Official School	44
31 Mar 2026	Medication distribution to displaced people, awareness, & women’s health	Bakaata Official School	30
31 Mar 2026	Children's assessment & vaccination	Bakaata Official School	55
31 Mar 2026	Medication distribution to displaced people, awareness, & women's health	Mazraa Official School	24
31 Mar 2026	Children’s assessment & vaccination	Mazraa Official School	45
02 Apr 2026	School health program	Ain Wazein Official School	70
04 Apr 2026	Psychosocial support & water assessment	Ain Wazein Official School	30
04 Apr 2026	Psychosocial support & water assessment	Mazraa Official School	32
04 Apr 2026	Psychosocial support & water assessment	Bakaata Official School	35
14 Apr 2026	Hygiene, education, & personal health	Mazraa Official School	10
14 Apr 2026	Hygiene lice check up, medication distribution, personal health, & psychosocial support	Ain Wazein Official School	10
22 Apr 2026	School health program	Bakaata Official School	24
25 Apr 2026	Medication distribution & doctor consultation	Mazraa Official School	11
25 Apr 2026	Medication distribution & doctor consultation	Bakaata Official School	10
03 May 2026	Health needs assessment	Ainbal Atreen Official School	52

20 May 2026	School health program	Bakaata Official School	45
23 May 2026	Medication distribution, doctor consultation, & malnutrition assessment	Ainbal Atreen Official School	18
23 May 2026	Medication distribution, doctor consultation, & malnutrition assessment	Mazraa Official School	17
03 Jun 2026	Health needs assessment	Mazraa Official School	80
05 Jun 2026	Malnutrition assessment, medication distribution, & women's health	Mazraa Official School	3
05 Jun 2026	Women's health awareness & medication distribution	Bakaata Official School	7
18 Jun 2026	Psychosocial support session for elderly with MSD	MUMC Semqanieh	10
19 Jun 2026	Medication distribution & doctor consultation	Bakaata official school	9
19 Jun 2026	GGC gathering in the garden (fun activities, stress management, & games)	MUMC Semqanieh	35
25 Jun 2026	Psychosocial support session for elderly with MSD	MUMC Semqanieh	10
26 Jun 2026	Medication distribution & doctor consultation	Ainbal Atreen Official School	7
26 Jun 2026	Medication distribution & doctor consultation	Bakaata Official School	10
27 Jun 2026	GGC trip to Ammatour with Badih Bou Shakra	Mawsam Farmhouse	50
29 Jun 2026	Medication distribution & doctor consultation	Mazraa Official School	1

LOOKING AHEAD: STRENGTHENING COMMUNITY WELLBEING

Over the past years, NWN has grown through the dedication of our team, the trust of the communities we serve, and the support of our partners.

As we look ahead, our focus is on building on what we have achieved, reaching those who need us most, and ensuring that our work continues to respond to real community needs.

None of this would be possible without our healthcare professionals, staff, volunteers, partners, and the communities who continue to place their trust in us. Their support has shaped NWN over the years and will remain central to everything we do.

Eight years on, our commitment remains stronger than ever: to be there for our communities, create opportunities, and make a difference that lasts.

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