

# HEALTH & FOOD AWARENESS WEEK 2012

This program is inspired by the former UMS Vice Chancellor Y. Bhg. Brig. Jen. Prof. Datuk Seri Panglima Dr. Kamaruzaman Hj. Ampon concerning health awareness among the UMS staff. It is a platform for disseminating the latest information on healthy lifestyle that provides early awareness on health. The Health & Food Awareness week was a collaborative program initiated by the School of Food Science and Nutrition (SSMP) and School of Medicine (SPU) that was held on 7th to 9th November 2012 at the Gallery, Chancellery Building.

Through this awareness program, participants would have the opportunity to acquire knowledge on the importance of a balanced diet, regular exercise, the ability to deal with stress and conflict, and health care for women. At the end of the event, an aerobics and lucky draw sessions were held to the delight of the participants.