



# FAMILY HEALTH FUN DAY 2018

Organized by AKCMC

17 November • 8:00am to 12:00nn • Al Waha Club

Theme:

## HEALTHY YOU

### How to Register:

Call: 4473-3666/35

Email: [AlWahaClubRecpt@qatargas.com.qa](mailto:AlWahaClubRecpt@qatargas.com.qa)

Visit: Al Waha Club Reception



### Family Walkathon followed by Outdoor Aerobics

Open for all ages

Time: 8:00am • Location: in front of Al Waha Club

\*Refreshments will be provided for participants at the Finish Line

### Vital Signs/Body Monitoring Workshop

Time: 9:00am – 12:00pm

Location:  
AWC Ballroom



### Healthy Food Demo

Time: 9:00am – 12:00pm

### Health Information Stands

Time: 9:00am – 12:00pm

### Dental Info Table

Time: 9:30am - 12:00pm



### First Aid Demo

Time: 9:00am – 12:00pm

### CPR Demo

Time: 9:00am – 12:00pm

### Bouncy Castles

Time: 9:00am – 12:00pm



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