



The Moroccan League for the Fight against Diabetes

With its partners

Celebrates
In collaboration
with the **Ulemas Council of Sidi Kacem**

THE WORLD DIABETES DAY

Theme : ***"Diabetes and Well-Being"***

NOVEMBER 20, 2024 FROM 2:00 P.M
in the Ulemas Council of Sidi Kacem

PROGRAM

- ***Presentations on diabetes and its complications***
- ***Education and awareness activities***
- ***Screening activities for diabetes, obesity and high blood pressure.***

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Program

Introduction

- President of Ulemas Council of Sidi Kacem
- Representative of Ministry of Health and Social Protection
- President of Moroccan League for the Fight against Diabetes

Screening Session

- Screening activities for diabetes, obesity and high blood pressure.
- Presentation of short films on diabetes.

Séance d'éducation

Session 1

Moderators : A. CHRAIBI – H. LACHKAR – N. EL ANSARI – M. BENKASSEM

- Diabetes: a Global Epidemic. **J. BELKHADIR (Rabat)**
- Efforts of the Ministry of Health and Social Protection. **F.Z. MOUZOUNI (Rabat)**
- Living with diabetes without complications. **K. BENABED (Rabat)**
- Spirituality and Diabetes. **A. IRAQI (Rabat)**

Session 2

Moderators : M.H. GHARBI – H. LATRECH – H. LHASSANI – S. ABAHOU

- Know how to monitor blood sugar. **H. LACHKAR (Rabat)**
- How to manage hypoglycemia? **I. MASSO (Salé)**
- Do appropriate physical activity. **H. ZERRAD (Rabat)**
- Eat healthily. **S. LABZIZI (Rabat)**
- Protect your feet. **N. LAZAR (Témara)**
- Manage your pregnancy well. **G. SABBAR (Rabat)**