The Moroccan League for the Fight Against Diabetes
In collaboration with its partners

Celebrates

World Diabetes Day

in Kénitra, on December 23, 2026
starting at 9:00 am

The Center for Women's Skills Training and Development

Theme :

"Act eraly against Diabetes"

Program

Session 1

- Why celebrate World Diabetes Day? **Pr Fouad RKIOUAK**
- Diabetes in Morocco and worldwide. **Pr Jamal BELKHADIR**
- Diabetes: A national priority for the healthcare system.
Dr Fatima Zahra MOUZOUNI
- Living well with diabetes: avoiding complications and overcoming prejudice. **Pr Kébira BENABED**
- Eye complications: how to prevent them? **Pr Mohamed BELMEKKI**

Session 2

- Monitoring blood sugar is not a punishment—it's a form of protection.
Dr Sonia ABAHOU
- How to manage hypoglycemia? **Dr Islam MASSO**
- Adapted physical activity: benefits for the body and mind.
Dr Hinde ZERRAD
- Healthy and structured nutrition. **Mme Salwa LABZIZI**
- Foot care. **Pr Zineb HABBADI**
- Managing a healthy pregnancy. **Pr Fatima TOULALI**

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- Personal testimonials.

- Screening activities for diabetes, obesity, and high blood pressure.

- Screenings of short films about diabetes.