

*Student Affairs Department
in partnership with the Department of Human
Nutrition & Dietetics present*

Healthy Lifestyle Campaign for first-year Students

Save the Date

25 March 2023

Time: 09h00 - 13h00

**Venue: Open space behind
Residence 1C**

Activities will be as follows:

- Body weight measurement
- Height measurement
- Interpretation of your body mass index (BMI)
- Waist circumference measurement
- Education on healthy lifestyle practices
- Demonstration of a healthy plate model



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