

رؤية  
2030  
المملكة العربية السعودية  
KINGDOM OF SAUDI ARABIA



Health Sector  
Transformation  
Program

وزارة الصحة  
Ministry of Health

# Live Well at the Core of MOH

At the Global Health Exhibition

Global Health  
Exhibition



عشر  
بصحة  
@LiveWellMOH

# To find out more:

Live Well Zone

The most important zones included in Live Well Zone

Track Zone

Theater Zone

Motor Activities Zone

Lifestyle Zone

Family Health Zone

Brands Zone

Health and Art Zone

Examination and Consultation Zone

Participation in the Competition

Location of Live Well Zone





# Live Well" Zone"

An area of 1000 square meters without barriers that enables you to live a unique and distinctive experience that combines health, innovation and creativity. Live Well Zone includes 8 various zones to enjoy an exceptional health experience.

8 Innovative zones that offer you an exceptional experience



Motor Activities Zone



Theater Zone



Track Zone



Brands Zone



Family Health Zone



Lifestyle Zone



Examination &  
Consultation Zone



Health & Art Zone

# Track Zone

Every step towards  
health is considered

An interactive track and consultations with specialists, in addition to presenting the most important assistive technologies in sports to enjoy the experience of improving physical fitness and discovering the most important benefits of walking for Health.

# Theater Zone

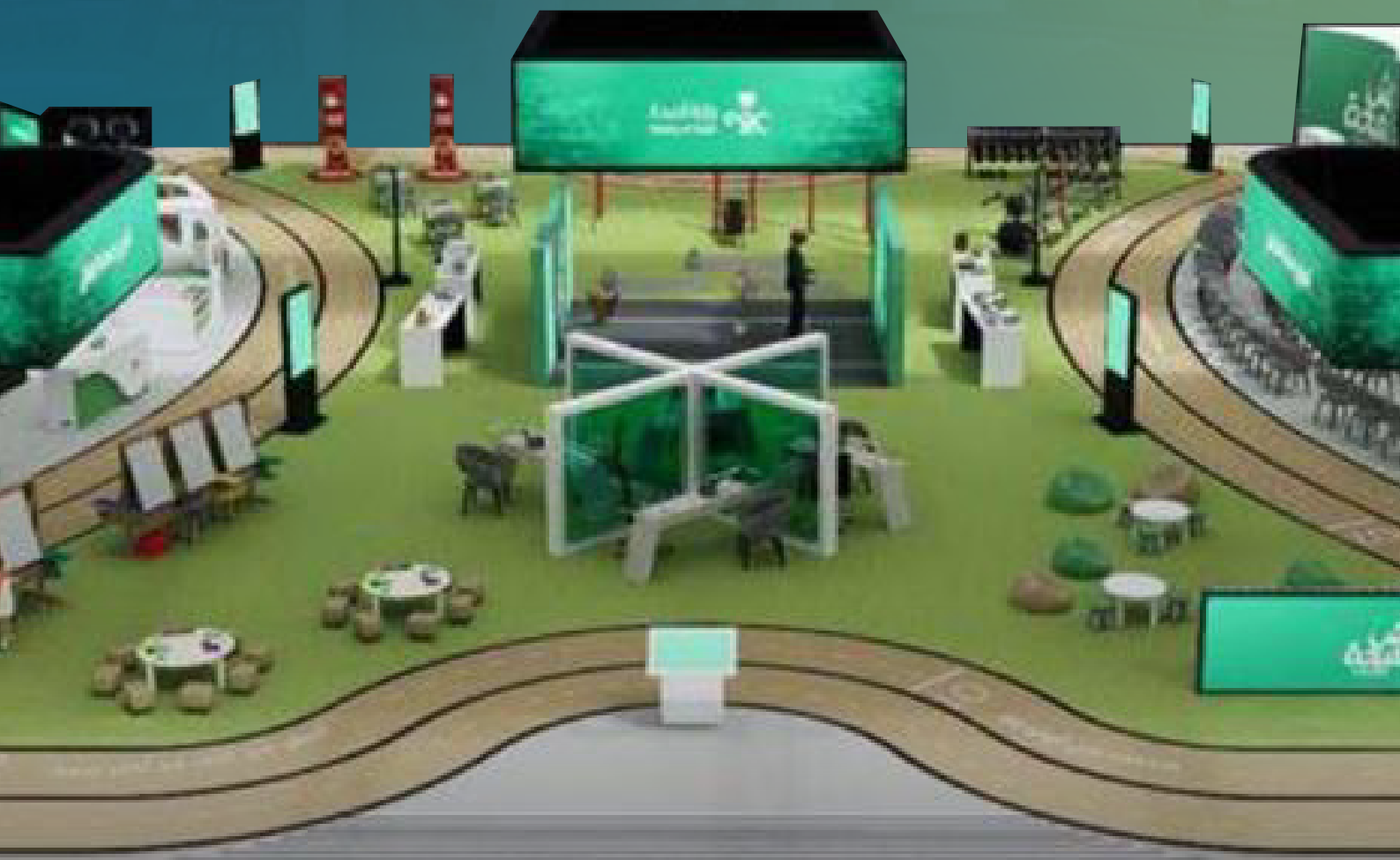
In the theatre zone, we will listen to interesting and important dialogues about health with a group of specialists, allowing those interested to exchange experiences and knowledge.

	Guests	Topic	Time
Day 1	Dr. Ahmad Hammam	Getting balanced sleep: Sleep Health During the day	1:00 PM – 1:30 PM
	Dr. Afnan AlGhamdy	Success Road: Your health achieves your personal and professional goals	2:00 PM – 3:00 PM
	Dr. Mohamed Al Ulayyan	Plague of the Age: How to Deal with Anxiety	3:00 PM – 4:00 PM
	Dr. Sarah Al Qahtany	Women Health: How to Maintain Hormonal Balance	4:00 PM – 5:00 PM
Day 2	Dr. Al Hanuf Al Huqail	Drivers of Our Behaviors: What 4 Makes You Do The Things You Do	1:00 PM – 1:30 PM
	Dr. Khaled Al Hulaiby	Family Vitality :The Impact of the Family in Normalizing Healthy Habits	3:00 PM – 4:00 PM
	Sultan Aal Mfleh	Men Health: Facing Challenges to Live Healthier	4:00 PM – 5:00 PM
Day 3	Eng. Azza Al Ghamdy	5Challenges: A story and experience in facing and overcoming challenges	1:00 PM – 1:30 PM
	Dr. Moath Al Mansour	Dare to smile? 5 Challenges for better dental health	2:00 PM – 3:00 PM
	Dr. Naif Al Anzy Dr. Dina Salamah	Slimming needles vs diets debate	3:00 PM – 4:00 PM
	Dr. Khaled Al Emry	Health Wellness: How to Live Healthy "in Today's Fast-Moving World	4:00 PM – 5:00 PM

# Motor Activities Zone

## Enjoyable Motor Activities

Visitors to this zone will enjoy a unique motor experience, which will include a variety of motor activities under the supervision of specialized sports trainers.





# Lifestyle Zone

## Make your lifestyle better

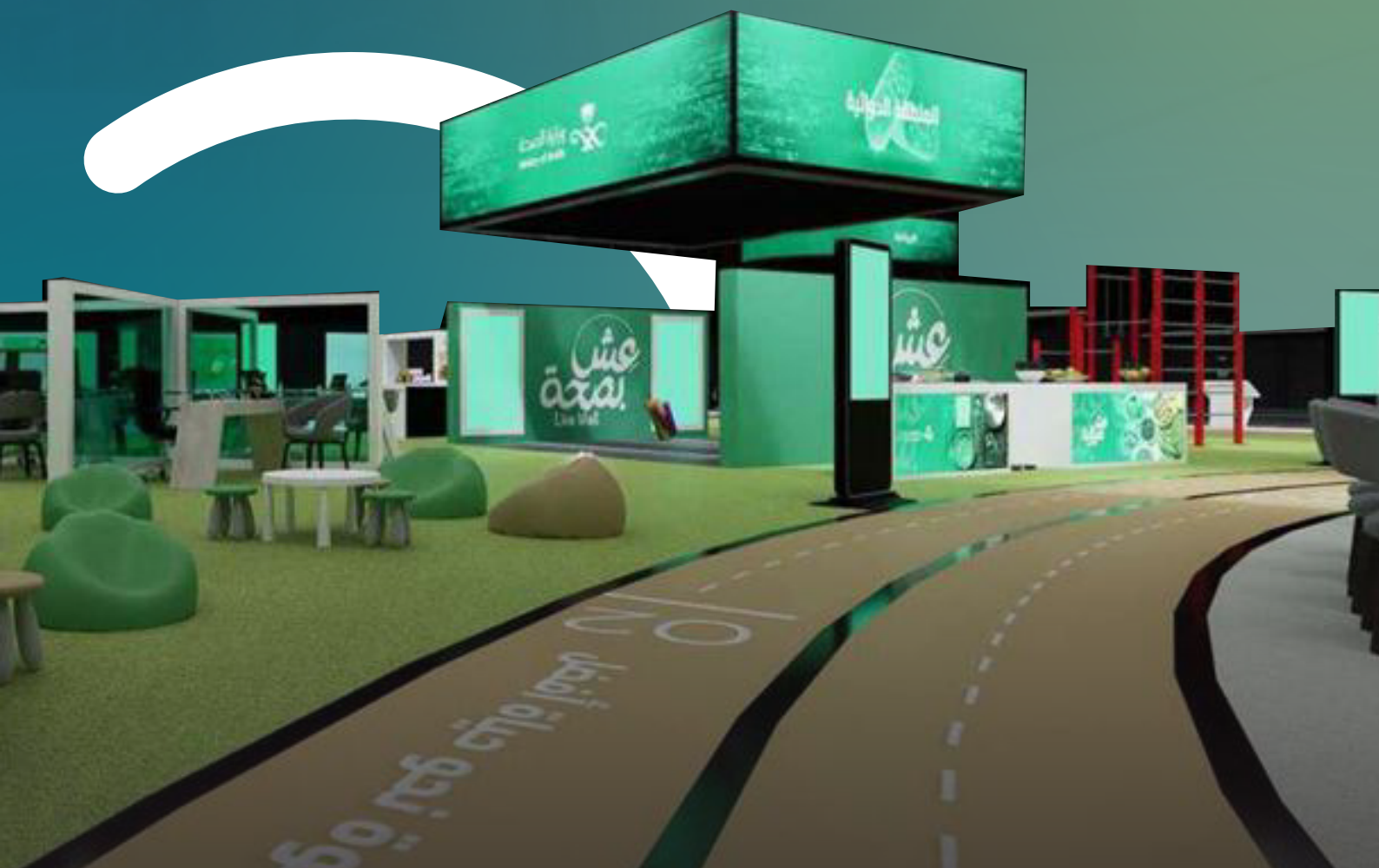
Because every human being's life is balanced around three aspects: mind, spirit and body, in the Lifestyle Zone, we will explore a range of activities that activate each aspect, providing participants with an enriching experience.



# Family and Child Zone

## Ask about your Health and your child Health

A dedicated Zone for family and child health that aims to raise awareness about your health and your numbers. This zone will provide advice regarding your children's health and care, in addition to comprehensive information about breastfeeding.





# Brands Zone

## Healthy Brands and Services

This Zone will combine healthy distinctive brands and a range of services, while offering visitors customized coupons for an exceptional experience.

**Perfect  
Bite**  
A Bite Of Health

**CALO**

**لين  
Lean**

**Vidafit**  
Love life

**berain**  
بيرين

TEA ORIGIN  
أرفم الكشاي

**hjeen**  
هجين  
Roasters & Cafe  
محمصة وقهوة

**Joint**

# Health & Art Zone

## Enjoy Art

Enjoy art with a group of artists who will creatively embody health.



# Examination and Consultation Zone

**Examine Yourself &  
Consult your Doctor**

A Zone that allows you to check your health and know it better, including blood pressure and blood sugar checks, eye examinations and dental diagnosis using modern techniques, in addition to comprehensive consultations on everything related to your health.





# The Competition

Participate in the Competition

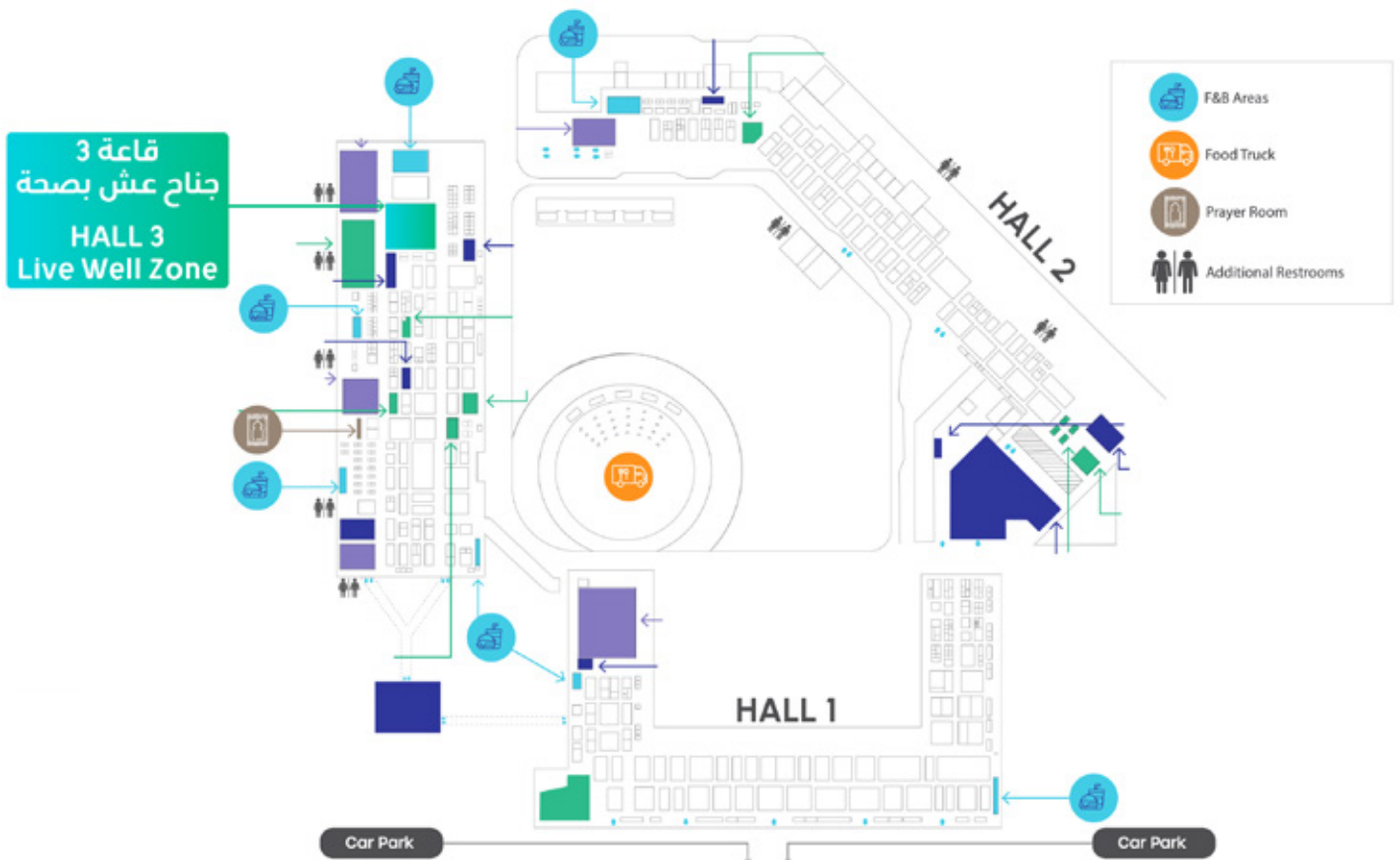
Draw on 150 phones during the three days



# Location Of Live Well Zone

Hall 3

Zone: H3A- 070



# To know more about Live Well Zone at the Global Health Exhibition

Follow us on Social Media Platforms  
@LivewellMOH



Register NOW

