



**DIABETES**  
*Let's Beat it!*

### Diabetes is a Silent Killer.

Diabetes affects not only the Adults but a substantial number of Children worldwide. Besides, humans have imbibed a couple of lifestyle habits which are either injurious to health or are unhealthy. For eg: Drinking, Smoking, Eating Junk Food, Lack of Exercise and many more. This directly or indirectly harms our Children who are our Society's Pillar.

On the occasion of **WORLD DIABETES DAY & WORLD CHILDREN'S DAY**, RAK Hospital endeavors to create awareness not only on Diabetes but also a couple of good lifestyle habits, encouraging the Adults and Children to **LIVE HEALTHY..**

The ONLY better way to create **LIVE HEALTHY** awareness is through the Children.. The Ultimate Way!

Hence we take the pleasure of inviting one and all to visit **RAK Hospital** for one of its kind and the very **1st LIVE HEALTHY CARNIVAL** to be celebrated along with Children, Parents and Grand Parents on 19th November 2016.. **A FUN FILLED EVENT...**

**EXPERIENCE THE WORLD OF DIFFERENCE...**

Event that will be remembered for days together until we meet again in 2017...

Here are the details of the two major activities for Children outlined in the EVENT ANNEXURE:

#### 1. Kids Drawing Competition

Children are requested to register for the drawing competition on the Theme **LIVE HEALTHY** on 055 2981130 / 055 4738296 or through our FB page [Facebook.com/rakhospital](https://www.facebook.com/rakhospital) or website [www.rakhospital.com](http://www.rakhospital.com) before **19 November 2016.**

Topics are :

- Papa I need you... Quit smoking
- Mom and Dad – Let's Exercise Daily... I need you for Life
- Grandma and Grandpa – What is your secret to healthy long life?

Two Groups for Drawing Competition :

- **Group A: Cho Chweeeet**  
Grade 1 to 4
- **Group B: RainBow**  
Grade 5 to 8



#### 2. Live Healthy Prince and Princess Kids Fashion Show (Grade 1 to 5)

Exciting Prizes for the Winners like Desert Safari Tickets, Aquapark Tickets, a definite Gift Hamper and a Certificate of Participation for all...

...and loads and loads of games for Kids & Adults throughout the day.

So Come One... Come All and be a part of this fun filled **LIVE HEALTHY CARNIVAL DAY** and say YES to Healthy Living.

Children, Parents and Grandparents are most welcome to experience a world of difference.

**\*IN-HOUSE ACTIVITIES INCLUDES :**

- Musician
- Clowns
- Magician
- Live Painting
- Face Painting

\*Subject to availability