



### IWC HOLDS CELEBRATION FOR KUWAITI WOMEN DAY

**C**hair person of Kuwait Society for the Ideal Family and chairperson of Al-Fatat Sports Club Sheikh Fraiha Al-Ahmad Al-Jaber Al-Sabah stressed that Kuwaiti women were capable of facing immense challenges and doing their share in building the society. Speaking to reporters at the sidelines of the club's international women committee celebration of the Kuwaiti Women Day on a special ceremony attended by diplomats and dignitaries, Sheikha Fraiha said that Kuwaiti women had great contributions in various fields. She added that Kuwaiti women had a long glorious history of standing side by side to men and aided them in building Kuwait as it is today. Speaking on the occasion, the Egyptian ambassador to Kuwait, Yasser Atef said that women in Kuwait and the Arab world had made great achievements towards getting their rights.



## KAMCO HOLDS HEALTH AWARENESS SESSION



**K**AMCO Investment Company KSC (Public), a leading investment company with one of the largest AUMs in the region, held a health awareness session for its employees in collaboration with Salhiya Clinic. The session included free consultations from Salhiya Clinic experts, in addition to health related tips and tests to highlight the importance of preventative medical care and increase risk awareness regarding different health issues.

KAMCO employees attended the awareness session at the Al-Shaheed Tower gym and was carried out by Salhiya Clinic experts. Dietitians Qout Al-Mekhled and Nasser Al-Awath, along with Dr Abi Shetty and Lab Technician Mohammed Haroon, guided attendees through the variety of health-related activities while providing them with advice on how to balance their daily diets. The health session included diabetes, BMI and BMR tests, in addition to free lifestyle consultations provided by the experts.

Ms Danah Al-Jasem, Vice President and Head of the Marketing Department said, "The successful turnout of this event marks yet another step taken by KAMCO to educate employees and spread awareness regarding common health issues. The level of interaction between KAMCO employees and the Salhiya Clinic experts proved the necessity of such educational initiatives."

Ms Al-Jasem added, "We will continue to utilize our resources to provide employees with wellbeing and lifestyle advice to promote an overall healthy lifestyle. Events such as the Health Awareness Session fall in line with KAMCO's corporate social responsibility agenda, focusing on health, education and the environment to benefit our society. We look forward to more educational and interactive events that are highly beneficial to our employees and the community as a whole."

### Congratulations



**F**amily and friends would like to bestow their most heart-felt wishes and regards to Talal Heyad Al-Qaruti on the occasion of his graduation from high school.