



Sustainable Development Goals



Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING



Good health comes with proper nutrition. Without regular and nutritious food, people cannot live, learn, fend off diseases, or lead productive lives. Key goals in this area include: reducing mental health mortality rates; ending neonatal and childhood deaths; combating infectious diseases; preventing and treating drug addiction; and achieving universal health coverage for families.

Good Health and Well-Being

College of Health and Medical Technologies

Under the supervision of the Continuing Education Division at Alnoor University, the College of Health and Medical Technologies organized an educational workshop titled *"Our Food Is Our Medicine."* Dr. Talal Taha Ali, a faculty member in the Department of Clinical Nutrition, delivered the main lecture titled *"Nutritional Systems and the Use of Medicinal Herbs in Treating Medical Conditions."* The workshop was attended by Professor Dr. Khazaal Fathi Zidan, Dean of the College of Education at the university.

