

## With MECC's help, twenty women are raising health awareness in Damascus and its rural areas



With the aim of spreading health education among the largest possible number of society members, the Middle East Council of Churches (MECC) organized a training session about health awareness, in which twenty women participated in Damascus and Rural Damascus.

During the six days training, the participants learned about the most viral diseases in society, their causes, treatment and precautions to take. In addition to learning the right ways to measure blood pressure and basic first aid training.

An extra two days were dedicated to psychological support; During which the ladies learned more about effective communication skills, discernment, positive thinking, dealing with challenges and setting a goal, and a plan to achieve it.

At the end of the training session, which lasted 6 days, the ladies received

brochures and blood pressure monitors.

Each participant acted as a health educator in her community through visiting four families in Damascus and Rural Damascus. In total, eighty visits were implemented to families consisting of members suffering from various diseases such as diabetes, osteoporosis and hypertension.

The visits included a concise explanation of the most common and chronic diseases in society. The families received brochures tackling different health topics and a hygiene kit.

The ladies were able to help many families to discover certain diseases they are suffering from and were not aware. The participants referred them to specialists for the treatment.

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[Source](#)