



Health and Wellness Center

www.aubmc.org



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

Health and Wellness Center

Introduction

The Health and Wellness Center was initiated in 2006 as the American University of Beirut (AUB) Wellness Program. Its initiation came in response to several important AUB community health needs and issues, thus ranking it as the first university wellness program in Lebanon and the region. The program intends to create a healthier study and work environment by providing the AUB community with programs, facilities, services, and incentives that promote and support healthy lifestyle choices.

Over the past years, the program proved its success especially since it was aligned with AUBMC's 2020 Vision in terms of creating clinical, educational, and research centers of excellence. In 2015, the program was expanded to a Health and Wellness Center (HWC), and we started introducing evidence-based integrative health services.

The Health and Wellness Center is part of the Department of Family Medicine at AUBMC, and it fulfills AUBMC's mission by delivering the highest quality of care. It provides a platform for both wellness and integrative health services, which fall under three main arms: Academic and Research, Wellness Services, and AUB Wellness Program.

Our Mission

Our mission is to provide exemplary, comprehensive, and continuous primary healthcare to ensure a healthy life.

Our Vision

Our vision is to become a state-of-the-art Health and Wellness Center of Excellence that extends its services to people in Lebanon and the region.

Clinical Services

General Health Checkup

In one-stop personal care, you can:

- Check your physical and mental health
- Have a thorough physical exam
- Perform annual screening tests to identify risk factors of developing specific diseases
- Be screened for specific cancer types
- Check and update your vaccination status
- Have tips for healthy living



Travel Health

For healthy holidays and safe business trips, we offer:

- Travel- specific vaccines
- Advisory consultation for travelers to tropical and high risk areas



Executive Health Checkup

The Executive Health Program (EHP) offers comprehensive, evidence-based health packages tailored to managers, as well as busy executives and their family members. The program entails a personalized and preventive head-to-toe medical examination along with lifestyle assessment. You have the choice to take it in an outpatient setting or have it prescheduled and implemented over a one-night stay in a private, luxurious, and comfortable setting.



Smoking Cessation

To help smokers quit, we offer packages that include:

- Medical consultations with a specialized physician
- Individual/ group behavioral counseling sessions with a certified nurse
- Referral to a dietitian upon need
- Monitoring of the smoker's carbon monoxide level with every visit
- One year follow up plan during which the patient's compliance is monitored
- Lungs function testing by measuring FEV1 (Forced Expiratory Volume in one second) and FVC (Forced Vital Capacity).



Employee Health Services

We provide corporate medical clearance and pre-participation fitness services which can be tailored to corporate needs (expatriates, airline pilots, engineers, etc.). In addition to handling occupational problems, we offer several services related to the management of exposure and follow up on occupational accidents, update of employee immunizations, and regular follow up.



Nutrition

We offer specialized medical nutrition therapy to optimize the patient's quality of life and wellbeing.



Integrative Health Services

Life Coaching

Life coaching helps you master your life, deal with everyday stress, and achieve your personal, career, and business goals. Our individual life coaching sessions are scheduled on an appointment basis.



Yoga

Inspired by the Hatha yoga series of poses, we offer a 90 minutes yoga class which focuses on practicing different postures that yield a dynamic flow of movement called “Vinyassa” while using your breath to create harmony between the mental and physical channels of the body. Through this practice of breath-synchronized movements, you will shape up, tune in, and release stress simultaneously.



The class is suitable for all fitness levels.

We also offer yoga workshops during which we provide an overview of yoga, meditation, and breathing techniques known as the “pranayama” along with their various benefits.

Acupuncture

Our “Western Medical Acupuncture Clinic” provides you with one of the safest and most effective evidence-based pain treatments.

An acupuncture treatment course consists of 10 sessions on average. The average session’s interval is 48-72 hours, and the average duration of one session is 45-60 minutes. Maintenance or consolidation sessions can be prescribed on bi-weekly or monthly basis later on.



Meditation

We offer one-to-one and group meditation sessions that help you manage stress, improve focus, and develop greater mind-body awareness.



Hypnotherapy

Hypnotherapy is a safe complimentary technique used in the treatment of certain medical conditions. It helps you reach a state of deep relaxation combined with focused concentration known as hypnosis. While you are in hypnosis, your conscious mind relaxes, allowing you access to your highly suggestible subconscious mind. The medical indications for hypnotherapy are: pain management, emotional stress, fibromyalgia, irritable bowel syndrome, smoking cessation, weight loss, anxiety/phobias, insomnia, overcoming trauma and blockages, and enhancing self-confidence and exploration for personal growth.

Tai Chi

The center's Tai Chi classes involve a series of movements accompanied by deep breathing. Tai Chi promotes serenity through physical exercise and stretching and as adjunct to standard medical therapy. It helps maintain strength and balance especially in chronic disease of the elderly.

Massage

Our massage sessions enhance your relaxation and wellbeing.

Consultancy Services

We offer a broad range of services, classes and programs focused on lifestyle behavior change, knowledge and awareness for corporations, schools, and NGOs. Our services promote healthier living by implementing an effective behavior change that limits the development of risk factors into costly chronic or acute illnesses. In turn, this helps in reducing healthcare costs and increasing productivity. We also offer wellness packages that are tailored to meet the needs of our clients.

AUB Wellness Program

The AUB Wellness Program aims to design and implement activities that impact the health and wellbeing of the AUB community at large, with emphasis on active staff, faculty, and students. The program is overseen by a multidisciplinary Committee on University Wellness (CUW), which includes faculty and staff members from various departments at AUB and AUBMC.

Our Team

Our team includes family medicine physicians, nurses, a dietitian, acupuncture specialists, a certified yoga teacher, a certified life coach and stress management specialist, a Tai Chi specialist, a hypnotherapist, a meditation specialist, a massage specialist, a community health nurse and a coordinator.

Why come to us?

Our services offer a unique holistic treatment approach that doesn't ignore conventional treatment modalities. In addition, all our services are provided by specialized and trained practitioners and doctors. Our center is one of the numerous centers at AUBMC which provide the highest standards of evidence-based treatments using a multi-disciplinary approach to care.

Location and Appointment Scheduling

The Health and Wellness Center is located in Wassef and Souad Sawwaf Building, 3rd floor. To schedule an appointment, you can contact us by phone: 01 - 350 000 ext. 8030 or by email: wellness@aub.edu.lb



Health and Wellness Center

