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**MOHAP- Health Awareness Bulletins – Heart Health**

Dear Parents,

We are pleased to inform you that our school, in collaboration with the **Ministry of Health and Prevention (MOHAP)**, is promoting health awareness among parents through weekly digital bulletins. These bulletins provide valuable health tips and preventive advice to support the well-being of you and your children.

This week's topic is: **Heart Health**, in celebration of **World Heart Day**.

Please find the health bulletins in the links below:

1. [Heart Health Bulletin – Part 1](#)
2. [Heart Health Bulletin – Part 2](#)

We encourage you to take a few minutes each week to read these bulletins and follow the advice shared for a healthier lifestyle.

Regards,

**Principal**  
**Mariyam Nizar Ahamed**