



ALFAISAL WELLBEING OFFICE (AWO)

2025-2026

Department of Family and Community Medicine

Alfaisal University

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Table of Contents

- Introduction
- Meet the team
- **Alfaisal Wellbeing Office (AWO)**
- Midday Moves Physical Activity Initiative
- Books, Beans and Buddies Initiative
- Alfaisal Wellbeing “Tiny Habits Series”
- WeRun Tuesdays
- She Runs Event
- Never Too Late to Ride a Bike (Cohort 3 & 4)
- HPV Awareness Campaign 1st & 2ND Phases
- International Day of Persons with Disabilities Awareness Activity
- Wellbeing at Work Summit 2026
- Journey to 5K 2026
- AWO Community Gathering

Introduction

The **Alfaisal Wellbeing Office (AWO)** continues to evolve as a driving force for health advocacy, community engagement, and institutional wellbeing at Alfaisal University. Since its establishment, the AWO was envisioned as more than an operational unit. It was created to redefine how wellbeing is experienced within **academic environments, integrating health into everyday university life.**

Following its transition from the former Wellbeing and Health Office (WHO), the AWO has evolved into a dynamic and **visible platform, connecting students, faculty, and external partners** through a shared vision of **holistic wellness**. Over the past year, its impact has expanded both within and beyond campus, strengthening national collaborations and engaging with international expertise.

A key milestone has been the development of the Alfaisal Wellbeing Community. A space that brings together individuals with shared interests in building healthier lifestyles. Through initiatives such as **running, cycling, walking, wellness at work, sustainability efforts, reading circles, and psychology-based discussions**, the AWO promotes sustainable habits in an inclusive and engaging environment.

This year marked a significant step forward in strengthening community engagement through regular gatherings, structured programs, and collaborative initiatives that inspire individuals to take active ownership of their wellbeing.

Guided by its commitment to **evidence-based practice, sustainability, and cross-sector collaboration**, the AWO remains dedicated to advancing its mission of promoting longevity, resilience, and wellbeing, while positioning Alfaisal University as a model for **integrated, community-driven wellness.**

Meet the Team

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TAs

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AWO Back to School Newsletter 2025-2026

The **Alfaisal Wellbeing Office** launched the **Back to School Newsletter 2025-2026** as part of its ongoing efforts to promote wellbeing and community engagement across Alfaisal University. The newsletter highlighted upcoming **wellbeing initiatives, wellness programs, fitness activities, mental health support services, awareness campaigns, and community opportunities** available to students, faculty, and staff throughout the academic year.

The publication also encouraged active participation in campus wellbeing events while strengthening awareness and accessibility of wellbeing resources across the university community.

Back to School Newsletter 2025-2026



Midday moves

The Mid-Day Moves initiative is a **refreshing, self-driven walking program** designed specifically for faculty, staff, and teaching assistants to step away from their hectic daily routines, recharge their minds, and connect with colleagues. Participants can choose to walk independently or join a **volunteer-led group** along a **pre-defined, safe route, with the ultimate flexibility** to hop on or off at any point that fits their schedule. Operating daily or multiple times a week based on interest, the program fosters an informal, social environment perfect for fresh air and networking.

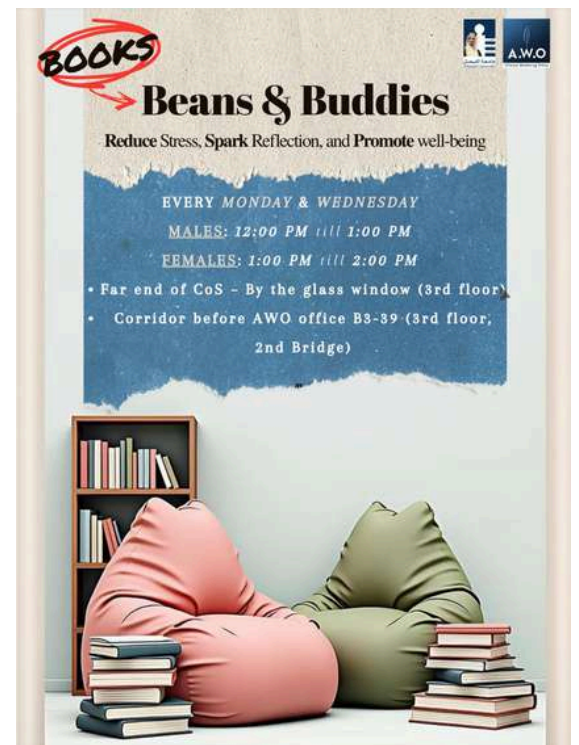


To keep the community motivated, active participants will be featured in weekly email updates, top step-earners will receive awards at the **Alfaisal Wellness Community meetings**, and the volunteer leaders who guide the walks will be recognized for their valuable contributions.

Beans & Buddies

The **Books, Beans & Buddies** initiative is a brand-new reading program designed to help the community relax, recharge, and connect through literature. The program features a cozy **reading corner** stocked with motivational and relaxing books, where participants can read independently or pair up with a "**reading buddy**" for shared reflections and engaging discussions.

To keep the collection fresh and meaningful, the initiative welcomes book recommendations and donations in **both English and Arabic**, with a special invitation for university authors to contribute their work. A mobile book cart will circulate between designated locations on a first-come, first-served basis, utilizing a structured **check-in and check-out system** to ensure that these literary resources remain organized and available for everyone to enjoy.



Alfaisal Wellbeing “Tiny Habits Series”

The Alfaisal Wellbeing Office (AWO) successfully launched the “**Alfaisal Wellbeing Tiny Habits Series,**” a university-wide initiative aimed at encouraging practical and sustainable wellbeing habits among students, faculty, and staff throughout the **2025/2026 academic year.**

The series reflected Alfaisal’s commitment to fostering a healthier and more supportive campus culture through expert-led discussions and interactive sessions. The initiative explored multiple dimensions of wellbeing, including **mental health, stress management, nutrition, work-life balance, and financial literacy.**

The initiative began in **October 2025** with two student-focused sessions delivered by counseling psychologist **Dr. Rawan Algnas.** “**Starting Strong: Navigating Your First Year at University**” supported first-year students in adapting to university life, building confidence, and establishing healthy routines. A second session, “**Preparing for Tomorrow: Creating Your Future,**” encouraged students to reflect on personal growth and long-term goals.

In **November 2025,** the series expanded to faculty and staff through “**Balancing the Scales: Finding Harmony Between Work and Life,**” which addressed stress management, work-life balance, and sustainable wellbeing habits.



Alfaisal Wellbeing Tiny Habits Series

As part of its **Ramadan wellness programming**, AWO also hosted **“Fasting is Wellness: Talk & Treat”** featuring internationally recognized sports nutrition expert **Carol Stoffella**. The event explored fasting, metabolic health, and longevity, alongside interactive wellness activities including InBody assessments, exercise prescription opportunities, and community engagement activities.



Mental wellbeing remained a key focus throughout the year. **On May 4, 2026**, psychotherapist **Karen Cunningham** led **“Making Sense of Stress: How Perception Influences Anxiety,”** an interactive session exploring stress, anxiety, and emotional resilience.



Alfaisal Wellbeing Tiny Habits Series

The series concluded with **“Your Financial Wellbeing: The Building Block”** on **May 11, 2026**, featuring **Mara Catherine Harvey**. The session highlighted the relationship between financial literacy and overall wellbeing, covering topics such as investing, financial planning, and healthy financial habits.



Through the **“Tiny Habits Series,”** the Alfaisal Wellbeing Office promoted a culture of wellbeing across campus by providing the Alfaisal community with practical tools and expert insights in different wellbeing dimensions.



WeRun Tuesdays

As part of its ongoing commitment to fostering a culture of active living and sustainable wellbeing, the **Alfaisal Wellbeing Office (AWO)**, **in collaboration with the WeRun team**, continues to host its weekly running sessions, held **every Tuesday on campus**. This initiative has grown into one of the office's most consistent and impactful programs.

The sessions are designed to create an inclusive and motivating environment where students, faculty, and members of the Alfaisal community can come together to engage in physical activity. Led by professional coaches from the WeRun team, accommodating a range of fitness levels, from beginners to more experienced runners. This approach not only promotes physical health but also strengthens social connection across Alfaisal.

A **key component integrated within these sessions is the *Coach-in-Training (CIT) Program***, which provides students with a unique opportunity to shadow experienced coaches, develop leadership skills, and gain hands-on exposure to coaching techniques.

In addition, the weekly sessions have played a significant role in **preparing participants** for major events such as the **Riyadh Marathon**, supporting both first-time runners and seasoned athletes in building their Marathon Journey

She Runs Event

The Alfaisal Wellbeing Office (A.W.O), in collaboration with the WeRun team, participated in **“She Runs,”** a **two-day community event** held at **Misk City**, on **October 23rd, and October 24th,**

celebrating women’s empowerment, health, and active living. The event brought together participants in a dynamic environment that combined education, inspiration, and physical activity.

The first day featured a series of inspiring **talks and panel discussions**, where accomplished speakers, coaches, and athletes shared their personal journeys and insights on health, resilience, and performance. Notably, **Dr. Baraa Alghalayini**, Head of the Alfaisal Wellbeing Office, contributed as a speaker, delivered a session titled **“Running Across the Health Span.”** Her talk highlighted the long-term physical and mental health benefits of running and regular physical activity across different stages of life, reflecting Alfaisal’s active role in advancing conversations around health and wellbeing. The sessions also included **race bib collection** and opportunities for community engagement.

On the second day, the event transitioned into an **energetic community race**, welcoming women and girls, along with families, to participate in a supportive and inclusive atmosphere. The race emphasized accessibility and engagement across all fitness levels, reinforcing the importance of movement and community connection.

The “She Runs” initiative highlighted the growing momentum of women-centered wellness initiatives and reflected A.W.O’s ongoing commitment to supporting inclusive, empowering, and community-driven health programs.



Alfaisal Wellbeing Office Advances Preventive Healthcare Through HPV Vaccination Campaign

The **Alfaisal Wellbeing Office (A.W.O.)** successfully concluded the **HPV Vaccination Campaign**, a major preventive health initiative aimed at raising awareness about **Human Papillomavirus (HPV)** and expanding access to evidence-based preventive healthcare services within the university community. The campaign was conducted in partnership with the **Riyadh First Health Cluster (RFHC)**, **Executive Directorate for Community Health Excellence**, led by **Ms. Mona Al-Qahtani**, in addition to **Waey Community Association**. Together, the collaborators worked to strengthen preventive healthcare awareness and increase community participation throughout the campaign phases.

The initiative was conducted in **two separate phases** on campus and included **HPV vaccinations, educational materials, and awareness activities**. The **first phase**, held in **December 2025**, resulted in the administration of **100 doses** of the HPV vaccine **Gardasil 9 (G9)** to female students, faculty members, and community participants, including individuals from the pediatric age group. The **second phase**, conducted across seven campaign days in **April 2026**, delivered an additional **200 doses of Gardasil 9 (G9)**, including vaccinations provided to **two male participants**.



Alfaisal Wellbeing Office Advances Preventive Healthcare Through HPV Vaccination Campaign

Overall, the campaign successfully delivered a total of **300 HPV vaccine doses**, reinforcing the importance of **early prevention against cancer-causing and wart-associated HPV strains**. The initiative highlighted Alfaisal University's integrated approach to health promotion and preventive medicine while supporting national efforts to increase vaccination awareness and accessibility within the community.

Through this campaign, Alfaisal University further demonstrated its leadership in advancing community health initiatives, promoting evidence-based prevention strategies, and fostering a culture of proactive healthcare education for students, staff, and their families.



International Day of Persons with Disabilities Awareness Activity

Our Special Friends (جمعية أصدقاء ذوي الإعاقة) is an organization that focuses on children with disability and they had an event at Alfaisal University that included many activities from morning till late evening and the AWO had a collaboration to help organize the event and make it a **fruitful experience for children with disabilities and their families**. HRH Dr. Maha AlSaud attended the event and made it more beautiful by her valuable presence.



Riyadh Marathon Activity Engagement & Group Photo 2026

The **Alfaisal Wellbeing Office (A.W.O)** participated in the **Riyadh Marathon 2026**, promoting physical activity and wellness in Saudi Arabia. The office provided **discounted registration codes** to the university community, allowing participation from first-time runners to seasoned athlete.

On 4 February 2026, Alfaisal University hosted a **Riyadh Marathon 2026 group photo** on campus, bringing together students, faculty, and staff to celebrate the spirit of health, wellbeing, and community engagement. The gathering took place at the **College of Science** under-bridge area, where participants assembled in front of the digital banner for a commemorative photo.

The initiative was held under the leadership and support of **Dr. Khaled Al-Kattan**, Vice President and Dean of the College of Medicine, reflecting the College of Medicine's continued commitment to health promotion and campus wellbeing initiatives.

Organized by the **Alfaisal Wellbeing Office (AWO)** in collaboration with the **student running community**, the event served as a positive campus engagement activity aligned with Alfaisal University's values of wellness, connection, and an active lifestyle.



Wellbeing at Work Summit 2026

On **Thursday, 22 January 2026**, Alfaisal University hosted the **Wellbeing at Work Summit 2026** at the **Princess Haya Auditorium**, bringing together faculty, staff, students, and wellbeing experts for a full day of discussions and interactive workshops focused on workplace wellbeing, resilience, leadership, and performance.

The summit was organized by **the Alfaisal Wellbeing Office** in partnership with **Wellbeing at Work** and reflected the university's ongoing commitment to fostering a healthier and more supportive academic and professional environment.

Held under the leadership and support of **Dr. Khaled Al-Kattan**, the event highlighted evidence-informed approaches to workplace health and sustainable wellbeing practices for both individuals and organizations.

The international summit featured a diverse group of **regional and global speakers** who shared insights on topics including burnout prevention, work-life balance, leadership, resilience, and employee wellbeing. Participants also benefited from **interactive workshops** and professional development opportunities, with attendees eligible to receive up to six Continuing Professional Development (CPD) hours.



Alfaisal Wellbeing Office Launches the Ramadan Newsletter 2026

The Alfaisal Wellbeing Office launched the **Ramadan Newsletter 2026** to support the university community during the holy month of Ramadan through wellbeing-focused resources, healthy recipes, and practical lifestyle tips related to nutrition, hydration, sleep, physical activity, mental wellbeing, and balanced fasting practices. The newsletter also highlighted upcoming Ramadan initiatives and community engagement opportunities across Alfaisal University.

As part of the newsletter's interactive initiatives, the Alfaisal Wellbeing Office introduced **the AWO 30-Day Ramadan Wellness Challenge**, encouraging participants to adopt small daily habits that support physical, mental, spiritual, and social wellbeing throughout Ramadan. Participants were invited to share their progress with the AWO team and on social media, with selected winners recognized following the Eid break.

Ramadan Newsletter 2026



AWO Community Gathering

The "**CoM Full House is Even Fuller**" gathering is a vibrant community event designed to bring the College of Medicine family together in the fresh air of the Female Garden.

This special lunchtime event features a joyful "triple celebration" dedicated to honoring Faculty Recognition Award winners, cheering on newly promoted faculty members, and awarding the champions of the Ramadan health challenge newsletter.

Adding a **cozy, personal touch**, the gathering is styled as an international potluck, inviting everyone to share a traditional dish from their home country and take their colleagues on a delicious culinary journey around the world.



Attending this gathering offers numerous benefits, starting with the opportunity to foster deep community and connection in a **relaxed outdoor** setting, allowing colleagues to step away from their routines and strengthen their professional bonds.



Ultimately, spending time outdoors with peers provides a **refreshing mental break, boosting overall workplace well-being** and leaving everyone **energized** for the rest of the week.

Journey to 5K

The **Journey to 5K** training sessions offer a comprehensive range of **physical, personal, and professional benefits** designed to elevate the university community.

By partnering with the professional **We Run team**, these weekly running sessions provide structured guidance to help participants build cardiovascular endurance, maintain fitness consistency, and get fully race-ready for the upcoming annual 5K event.



Beyond the substantial **physical health and stamina boosts**, the initiative fosters a strong sense of community and support through organized, alternating gender-specific groups on campus. Furthermore, the program uniquely extends professional development advantages to Alfaisal students through the exclusive Coach-in-Training (CIT) Program. Over a **six-week span**, student participants gain invaluable hands-on leadership experience, shadowing professional coaches and learning how to effectively manage, motivate, and support athletic training groups.

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