



# Medium

LIFE TIME SUPPORT





# ● About Us

- **We are a Human Centered COMMUNITY . To know how to connect your physical & psychological parts which make you have a better quality of life . Through protocols & programmes designed by specialists in Nutrition , Psychology & Body-Mind technique field .**







# ● Mission

**We Raise Awareness through Solution Specially Designed for you . Giving you a Life Time Support Through Fellowship with Real & Effective Communication, Acceptance, Support & Care .We are Helping You To Help Yourself & Others**







## ● Vision

( creating a better life quality for people by reaching balanced life )



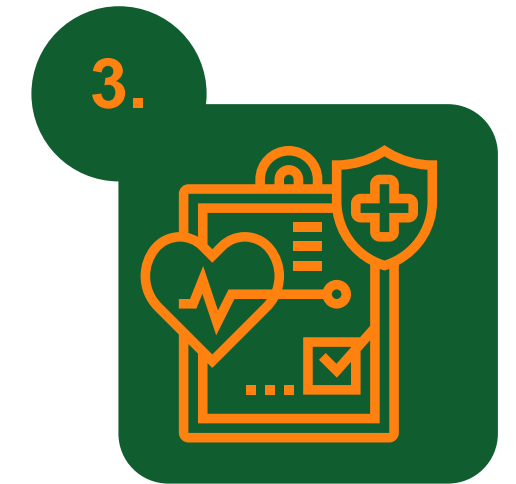
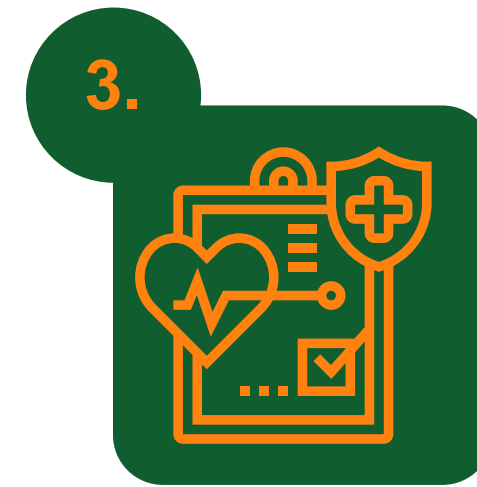


## ● Values

- Service
- Support
- Empathy
- Care
- openness
- Acceptance
- Understanding
- Compassion



# Beneficiaries of our services



- **Problems with food “ Emotional Eating, Disordered Eating, Eating Disorders “**
- **Distorted Body Image That leads to Dissociation & Shaming.**

- **Raise awareness for workers in medical field .**
- **Helping Teachers & coaches to reduce bullying, build resilience and raise awareness about food problems types .**









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# كبسولة

أ\ دميانة سامي  
اختصاصية تغذية

ديسمبر 9  
ديسمبر 10

مؤسسة كيان  
الساهرة

شركة  
الاسكندرية





# Meet Our Team



**Erene Akram**



**CEO**

- **Professional Master in Clinical Nutrition**
- **scholarship in Clinical Nutrition**
- **Diploma in Addiction Behavior Treatment**
- **Body-Mind work Technique**
- **Diploma in Counseling**
- **Medium Team Founder**

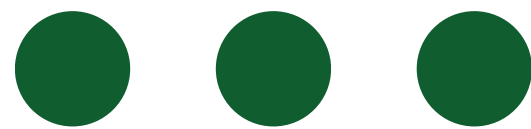




# Meet Our Team



**Erene Akram**



**CEO**



**Demiana Samy**



**Nutritional  
Researcher**



**Marwa El-feky**



**Psychological  
Researcher**



**Aya Abdelhamed**



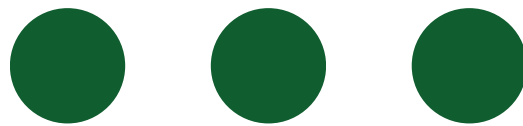
**Admenstrative  
coordinator**



# Meet Our Team



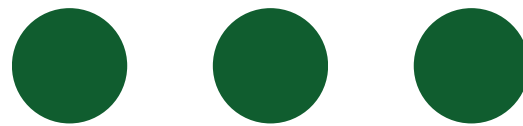
**Elia Zakaria**



**Graphic Designer**



**Bavly Wageh**



**physiotherapist  
Doctor**



**Mariem Mansour**



**Protocols  
Developer**



**Nader Samir**



**Psychologist  
Doctor**



# OUR TEAM

Reached to 183 person  
from June 2023 to  
February 2023





# Our Services

## safe

workshop for women to reconnect with their bodies . through body mind and belly dance .



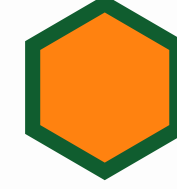
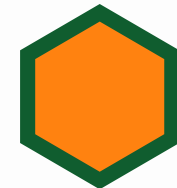
## Capsule ( كبسولة )

Important informations about vitamins .when & how i take it To have a Great absorbtion and effecency .



## Self compassion workshop ( تعرف تقعد لوحدك )

Raising awareness and knowing the reasons for our inability to adopt it as a pattern in our lives to increase the quality of healthy life .



## Workshop for Eating Disorder ( كلى واكلى )

Increase awareness of the problem of eating disorders.

## psychodrama

therapeutic experience technique workshop for women to reconnect with their bodies .

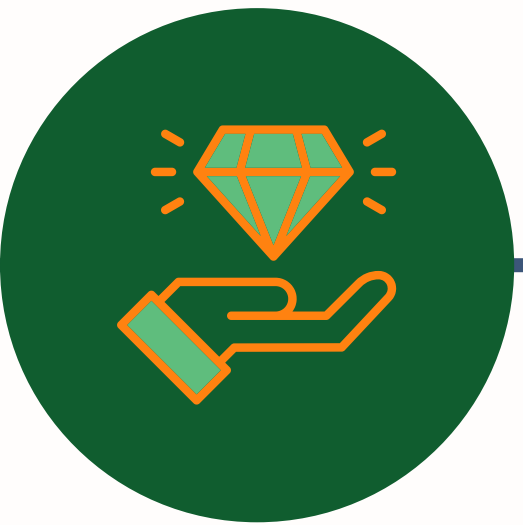
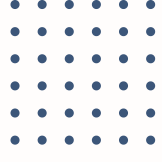


## Break the shame circle

Break the wall that prevents you from looking in the mirror, break the wall of shame Know the truth.







## Manikan (مانیکان)

Dimensions of distorted body image disorder, its causes and symptoms

## (هو وهى) He & She

Dialogue sessions between genders to bring viewpoints closer together and thus create a safe community space

## Cancer fighters

helping them to live here and now with acceptance . raising group bond to fell AT-One .

## Events

Interactive events aimed at mental and physical health, to create a wellbeing community , such as (cycling, walking, mindful eating, movie nights, book club, etc.).





## Lectures

Online and on-ground on various nutritional and psychological topics to increase collective awareness and psychological resilience.

## Diwaati (دلوقتی)

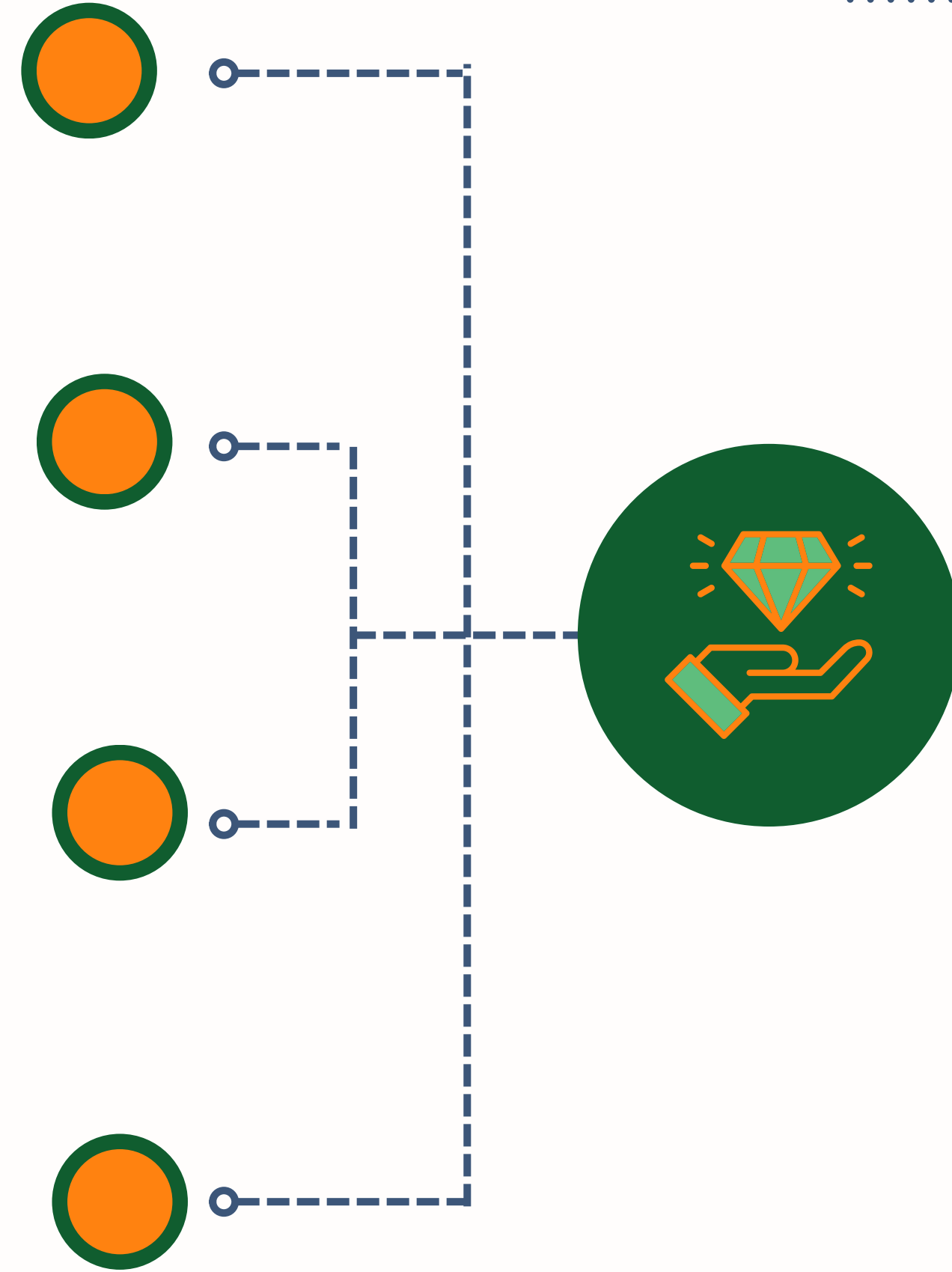
A workshop aimed at mindfulness and self-awareness. through mindfulness & Art therapy .

## My plate

Nutrition awareness for children, adolescents, parents, and school teachers, in addition to enhancing psychological resilience to confront the threat of bullying.

## sekka سكة

A long-term program followed by a fellowship for recipients aimed at helping people with eating disorders and dysphoric body image disorders





## **Awareness**

- Training for workers in the medical field(Nutritionist, Psychotherapist, Counselors & Health Trainers) about negative eating patterns.
- In rural areas & villages .
- Helping Teachers & coaches to reduce bulling, build resilience and raise awareness about food problems types .

## **Inside Out**

A journey for women inside their bodies to get rid of social shame and the impact of abuse in a safe circle using Body-Mind technique.

## **Safe Sofa**

what is mind-fullness eating ? how can we practice it .





# OUR TEAM MEMBERS CERTIFIED IN :

## 1. Nutritional Field

- Professional master in clinical nutrition
- Diploma in obesity and thinness from the Pharmacy Syndicate
- Scholarship in therapeutic nutrition from Zewail University
- Deploma of clinical nutrition at ain shams university kolyet Albanat biochemistry and nutrition department

## 2. psychological & physiological Field

- International Diploma from Net Florida Institute in addiction behaviours
- professional master in psychology .
- masters degree in neuropsychiatry, Ain shams university .
- Master's in Behavioral Sciences for Women's and Children's Health / Tulane University - New Orleans, USA.
- Therapists affiliated with the School of Internal Family Systems in the United States (IFS).
- EMDR trauma treatment.
- Marital therapy using EFT and IFIO
- Body-mind Techniques, ITS institution, Germany
- physical therapy, kafr Al-Shekh university
- Dance movement therapy diploma, DMT-ER, Rome-Italy





# Our Partners







# Contact Us



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Thank You