

January 2026

# NEWSLETTER

Breathing+together

## TOGETHER, WE MAKE A DIFFERENCE A HEARTFELT THANK YOU FROM BREATHING TOGETHER

Dear Supporters,

At Breathing Together, we are deeply grateful for your unwavering support. Our mission is to deliver comprehensive medical services, including emergency care, patient transfers, medical consultations, awareness and preventive medicine as well as ultrasounds, ECGs, and blood tests. By extending primary healthcare to remote and underserved regions, we aim to make a meaningful difference in the lives of those in need.

### CONFERENCE

A medical day was held at zouk Mikael municipality where we offered more than 120 free blood tests in collaboration with Centre Medical Dr. Elie Taleb for the attendees. The day concluded with an educational conference led by Dr Carmen Kassab and Dr Charles Saab addressing obesity diabetes and their complications.



### MUNJEZ MEDICAL DAY



In collaboration with John Paul 2 foundation St-Gallen, Switzerland, we conducted medical exams for over 230 students at Saint Francis School Munjez, Akkar.

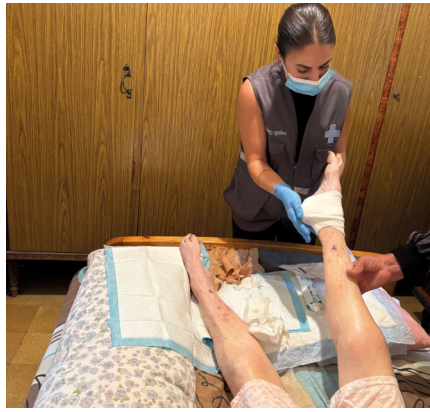


### MEDICAL CONSULTATIONS IN JDITA MUNICIPALITY

In collaboration with Capsave and Jdita municipality, we organized a medical day offering free medical consultation to more than 60 patients.







## ACHIEVEMENTS

Since January 1st 2025,  
our efforts have made  
a tangible impact.

Emergency missions: 43

Medical consultations: 1480

Home care and nursing: 243

Awareness campaigns: 25

Hospital transfers: 126

ECGs & Ultrasounds: 236

Mobile clinic missions: 65

Monthly Medicine Distribution:

**680 chronic patients every month**

## FUNDRAISING EVENT IN GENEVA IN COLLABORATION WITH JOHN PAUL II FOUNDATION:



**On November 18th, our Geneva fundraising event demonstrated the strength of collective action.**

**The support raised will enable us to continue our mission and carry our efforts forward into the upcoming year, helping us reach those most in need in Lebanon.**



## AWARENESS ON PRIMARY HEALTH CARE TOPIC

**Taking care of women is taking care of the whole family, as they are its pillar.**



**Thank you for being an integral part of our journey. Together, we breathe hope into every corner of Lebanon**

Follow us on [breathingtogether.lb](https://www.facebook.com/breathingtogether.lb) [breathingtogether.lb](https://www.instagram.com/breathingtogether.lb) for updates, stories, and ways to get involved!  
[www.breathingtogetherlb.com](http://www.breathingtogetherlb.com)