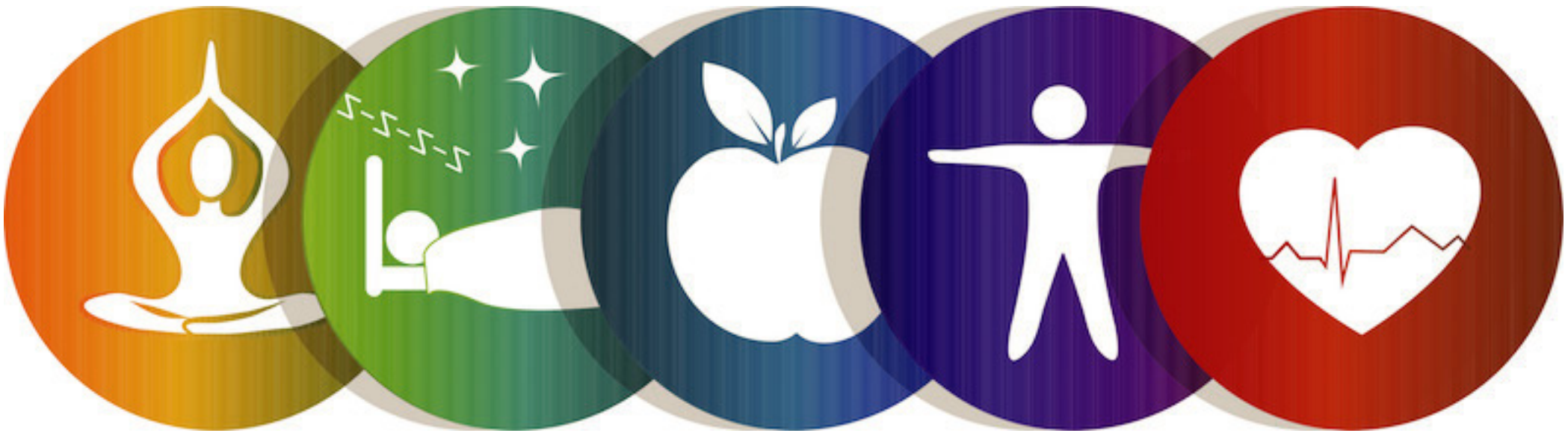
Weill Cornell Medicine-Qatar
Global Institute for Population Health

Kick-Off a Healthier Lifestyle



When: October 20, 2026 | **Time:** 11:00 am to 4:00 pm

Where: Weill Cornell Medicine-Qatar, Education City

Booths

Sahtak Awalan | Become Food Smart | Physical Activity
Student Wellness | Student Booths | Employee Connect | Photo Booth

Activities

Fun Board Games | Obstacle Course
One-Minute Games | Plank Challenge | Dance Fitness
Movement & Breath | Arts & Crafts | Mindfulness | Laughter Wellness
Breathing & Stretching | Storytelling | Mindful Movement for Sleep | Raffle

Enjoy Healthy Bites

Salads, fresh juices, whole grain sandwiches, guilt-free desserts, and more!

Scan QR code to register

Contact: giph@qatar-med.cornell.edu |

Lifestyle Medicine Week 2026

Weill Cornell Medicine-Qatar
Global Institute for Population Health

Kick-Off a Healthier Lifestyle

Activity	Start Time	End Time
Plank Challenge (Men)	11:20 am	11:40 am
Plank Challenge (Women)	11:20 am	11:40 am
Breathing & Stretching	11:40 am	12:00 pm
Laughter Wellness	12:10 pm	12:30 pm
Lucky Dip Raffle Draw	12:30 pm	12:40 pm
Mindfulness	12:40 pm	1:00 pm
Movement & Breath	1:40 pm	2:00 pm
Dance Fitness	2:00 pm	2:20 pm
Lucky Dip Raffle Draw	2:20 pm	2:30 pm
Push-up Challenge (Men)	2:30 pm	2:45 pm
Push-up Challenge (Women)	2:30 pm	2:45 pm
Dance Fitness	2:45 pm	3:05 pm
Mindful Movement for Sleep	3:00 pm	3:20 pm
Storytelling (English)	3:30 pm	3:50 pm

Win gifts throughout the day!

Scan QR code to register

Contact: giph@qatar-med.cornell.edu |

Lifestyle Medicine Week 2026