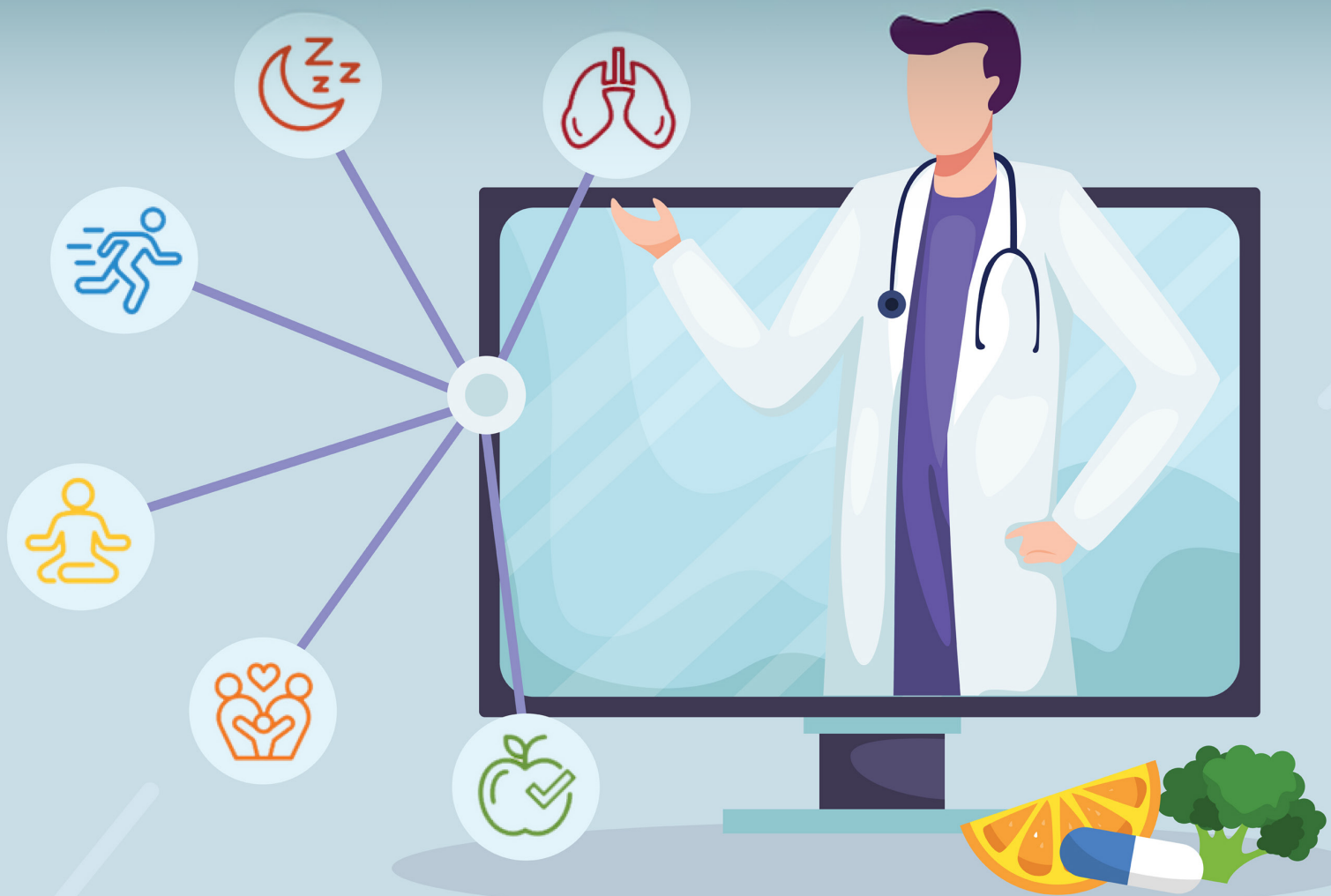




# Weill Cornell Medicine-Qatar

## Institute for Population Health



## Health and YOU

### Community Wellness Series

### Empowered by nutrition - small changes, lasting strength

This seminar will decode chronic disease in plain language, showing how everyday choices shape long-term health. It will spotlight the power of diet - the foods and habits that raise risks versus those that build resilience. The highlight? A lively discussion packed with practical nutrition tips to help you eat smarter starting today.



### Live Webinar

August 10, 2026

4:00 - 5:00 PM

Qatar

This is not a CME/CPD activity | FOR GENERAL PUBLIC



### Speaker

**Dr. Ravinder Mamtani**  
**MD, Msc, FACPM, FACOEM, FACLM**

*Professor of Population Health Sciences  
 Professor of Medicine (Center for Global Health)  
 Vice Dean for Population Health and Lifestyle Medicine  
 Weill Cornell Medicine-Qatar*

### Free Registration:

Contact us: [iph@qatar-med.cornell.edu](mailto:iph@qatar-med.cornell.edu)

