



Population Health & Well-being Series

**Importance of exercise
as a modality for wellbeing**

Live Webinar

Monday, November 21, 2022
4:00 to 5:00 PM (Doha time)



Speaker

Dr. Sheela Nambiar

Obstetrician-Gynecologist
President, Indian Society of Lifestyle Medicine

Learning Objectives:

- 1 Define exercise, types of exercise, and the pillars of fitness
- 2 Describe exercise as a major pillar of Lifestyle Medicine
- 3 Discuss how exercise can reduce the global burden of non-communicable disease
- 4 Outline practical strategies to include exercise in daily life

Target Audience:

Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

Free Registration | Contact Us: iph@qatar-med.cornell.edu



DHP Credit Designation Statement:

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 1.0 hour.



ACCME Credit Designation Statement:

The Weill Cornell Medicine-Qatar designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.