



Weill Cornell Medicine-Qatar
Institute for Population Health



Health and YOU Community Wellness Series

Why We Eat When We're Not Hungry: Emotional Eating and Its Impact on Health

Explore why we eat beyond hunger, the mental, emotional, and physical impacts of emotional eating, and practical strategies to reshape health through awareness and compassionate change.



Live Webinar
October 6, 2025
4:00 PM - 5:00 PM
(Qatar Time)



Speaker

Dr. Aalia Al-Barwani

Founder and CMO of Albidaya Wellness

Dr. Aalia Al-Barwani, MD is a double board-certified physician in Family and Obesity Medicine, a certified Master NLP (Neuro-Linguistic Programming) coach, and founder of Albidaya Wellness—a virtual practice focused on sustainable weight wellness and emotional well-being. With a unique blend of science, mindset, and holistic tools, Dr. Aalia helps high-performing women break free from the cycles of stress, emotional eating, and burnout to reconnect with their healthiest, most grounded selves.

After years in clinical medicine, Dr. Aalia realized that real, lasting change isn't just about willpower, it's about identity, nervous system regulation, and healing the subconscious patterns that drive our behaviors. She now combines evidence-based medicine with coaching techniques like mindfulness, breathwork, and subconscious reprogramming to help her clients thrive, not just survive. Through her talks, retreats, and immersive wellness experiences, Dr. Aalia empowers individuals to become active participants in their health journey. Her work supports the very mission of this series: to enhance self-care, reduce suffering, and build healthier communities through self-awareness and personal transformation.