



Health and YOU

Community Wellness Series

Plain talk about weight loss

Overweight and obesity are serious health risks. Their rates and future projections are worrisome. This session presents practical, science-driven tips and resources to address the sensitive topic of weight management and control. Myths and realities surrounding weight loss will also be examined. Participants will have an opportunity to ask questions and share their experiences.



Live Webinar

January 23, 2023

4:00 - 5:00 PM (Qatar time)



Speaker

Dr. Ravinder Mamtani

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Professor of Medicine (Center for Global Health)
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Ravinder Mamtani, MD is a Professor of Population Health Sciences, Professor of Medicine (Center for Global Health) and Vice Dean for Population Health and Lifestyle Medicine, at Weill Cornell Medicine-Qatar (WCM-Q). He is also a Professor of Community and Family Medicine (adjunct) at New York Medical College, Valhalla, New York.

Prior to joining WCM-Q in 2007, Dr. Mamtani was a Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College; and a physician in Occupational Medicine and Complementary Medicine at Westchester Medical Center in Valhalla, New York. He has many years of clinical experience utilizing lifestyle medicine to treat chronic diseases such as chronic pain, arthritis, mental health conditions, gastrointestinal problems, obesity, dyslipidemia and diabetes. He has published in peer reviewed journals and written a monthly column for a local newspaper in New York on contemporary health issues.

Dr. Mamtani serves or has served on many government, hospital, and medical school committees in the US and Qatar. He is a diplomate of the American Board of Preventive Medicine in the specialties of Preventive Medicine and Occupational Medicine and is US Board Certified in Lifestyle Medicine and Integrative Medicine.