



Weill Cornell Medicine-Qatar

Institute for Population Health



Health and YOU

Community Wellness Series

Self-Care

The session will focus on what self-care means, outline strategies for self-care, and discuss how it can improve health, happiness and well-being.



Live Webinar

October 10, 2023

4:00 to 5:00 PM (Qatar Time)



Speaker

Dr. Sohaila Cheema

Associate Professor of Clinical
Population Health Sciences

Assistant Dean for the Institute for
Population Health

Weill Cornell Medicine-Qatar

Sohaila Cheema is the Assistant Dean for the Institute for Population Health (IPH) and Associate Professor of Clinical Population Health Sciences at Weill Cornell Medicine - Qatar (WCM-Q). She actively participates in the oversight and implementation of IPH education, research, and community programs. Dr. Cheema co-directs and teaches the pre-medical course, Health and Disease: A Global Perspective, and teaches medical students in the Health Care and Public Health Clerkship, for which she also serves as the Associate Director.

Dr. Cheema serves as faculty and course-director for several continuous professional development/continuous medical education activities for building capacity in healthcare professionals, notably the Certificate in Lifestyle Medicine and Understanding Basics of Health Research. She is co-founder of the Lifestyle Medicine Interest Group-Qatar and collaborates with private and government institutions to promote health awareness in Qatar. Her research interests include chronic diseases, smoking, migrant health, oral health, road traffic injuries, integrative medicine, and lifestyle health.

Dr. Cheema, a medical doctor by training, completed her Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine, University of Arizona. She is a diplomate of the International Board of Lifestyle Medicine and is a certified lifestyle medicine physician. She received her Master of Public Health degree from Johns Hopkins Bloomberg School of Public Health and is Certified in Public Health by the National Board of Public Health Examiners, USA.