



Weill Cornell Medicine-Qatar
Institute for Population Health

ME, MYSELF AND I

Health and YOU Community Wellness Series Me, Myself and I: Self-Awareness and Wellbeing

Explore self-awareness and well-being in this transformative session. Delve into introspective practices, promote a state of consciousness, and identify strategies for personal growth, fostering a healthier, more fulfilling life.



Live Webinar
Jan 10, 2024
4:00 to 5:00 PM
(Qatar Time)

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



Speaker

Ms. Maha Elnashar

*Director, Center for Cultural Competence
in Healthcare, Institute for Population
Health, Weill Cornell Medicine-Qatar*



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