Weill Cornell Medicine-Qatar Institute for Population Health Lifestyle Medicine Week November 22-26, 2020

Tuesday, November 24, 2020

Let's beat stress together! Join our free online sessions.

Breathing & Stretching

Mr. Ashish Gahlawat, Yoga Instructor **Session 1** – 11.30am to 12 noon Register <u>Here</u>

Session 2 – 12 noon to 12.30pm Register <u>Here</u>

Mindfulness Ms. Nisha Agrawal, Therapist & Yoga Instructor

Session 1 – 11.00am to 11.20am Register <u>Here</u>

Session 2 – 1.00pm to 1.20pm Register <u>Here</u>

Contact us iph@qatar-med.cornell.edu

KEEP CALM AND STRESS LESS



