

Health and YOU Community Wellness Series

How to Navigate Stress

The session will focus on what stress is, and provide useful tools to cope with stress.

February 21, 2022
5:00PM – 5:45PM (Qatar time)

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



Speaker

Ms. Sarah Burshan

Psychologist & Learning Support Specialist
Weill Cornell Medicine-Qatar

