Weill Cornell Medicine-Qatar Institute for Population Health



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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



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