

## Health and YOU

### Community Wellness Series

#### Fasting

Intermittent fasting is becoming an increasingly popular lifestyle intervention. This session will review the different forms of fasting, including Ramadan fasting, as well as the health benefits associated with fasting.

**April 18, 2022**  
**1:00PM – 1:45PM** (Qatar time)



### Speaker

#### Dr. Tariq Chukir

*Assistant Professor of Medicine, Weill Cornell Medicine-Qatar (WCM-Q)*  
*Endocrinology Consultant, Qatar Metabolic Institute*

Dr. Tariq Chukir is an endocrinologist with a clinical interest in obesity and preventive medicine. He is a graduate of WCM-Q and received his M.D. in 2015, followed by residency training in Internal Medicine at New York Presbyterian Hospital-Weill Cornell Medical Center (NYPH-WCM) and a fellowship in Endocrinology, Diabetes, and Metabolism at NYPH-WCM, Memorial Sloan Kettering Cancer Center and Hospital for Special Surgery in New York. He is American board certified in Internal Medicine, Endocrinology, Obesity Medicine and Clinical Lipidology.