

Health and YOU

Community Wellness Series

Practice Doing Nothing

This session delves into how important it is to practice doing nothing! It discusses how people feel anxious from inaction and think it is a waste of time. During this session, the audience will learn some practical tips to lead a meaningful, healthy life through emotional intelligence.

Jan 24, 2022

5:00PM – 5:45PM (Qatar Time)



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



Speaker

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