



Weill Cornell Medicine-Qatar

Institute for Population Health



Health and YOU

Community Wellness Series

Self-Care

The session will focus on what self-care means, outline strategies for self-care, and discuss how it can improve health, happiness and well-being.



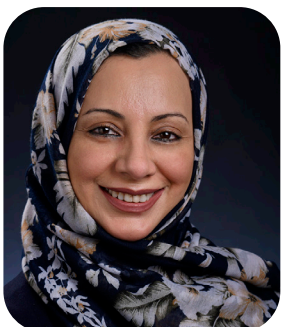
Live Webinar

October 10, 2023

4:00 to 5:00 PM

(Qatar Time)

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



Speaker

Dr. Sohaila Cheema

Associate Professor of Clinical Population Health Sciences
Assistant Dean for the Institute for Population Health
Weill Cornell Medicine-Qatar

Free Registration

Contact Us: iph@qatar-med.cornell.edu

