



# Population Health & Well-being Series

## Biological Rhythms and Nutrition Synchronization for Optimal Health

### Live Webinar

**Tuesday, September 20, 2022**  
**4:00 to 5:00 PM (Doha time)**



## Speaker

**Shagufta Feroz, PhD**

*Founder/President Pakistan Association of Lifestyle Medicine  
Director, RIPHAH Institute of Lifestyle Medicine, RIPHAH University*

### Learning Objectives:

- 1 Outline the significance of biological rhythms for whole health
- 2 Discuss food/meal synchronization, gut rhythm, and optimal nutrient absorption
- 3 Examine eating rules in sync with the biological clock

### Target Audience:

Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

**Free Registration** | Contact Us: [iph@qatar-med.cornell.edu](mailto:iph@qatar-med.cornell.edu)



#### DHP Credit Designation Statement:

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 1.0 hour.



#### ACCME Credit Designation Statement:

The Weill Cornell Medicine-Qatar designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.