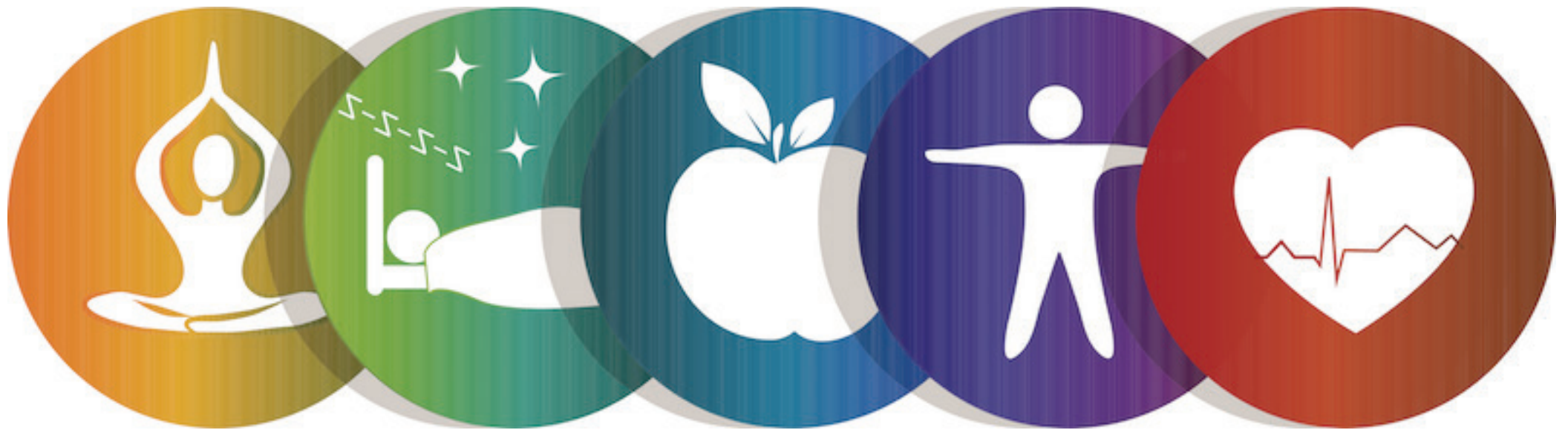




**Weill Cornell Medicine-Qatar**  
Institute for Population Health

# Kick-Off a Healthier Lifestyle



**When:** September 20, 2023 | **Time:** 11 am to 5 pm

**Where:** Ballroom - Multaqa (Student Center), Education City

## Booths

Sahtak Awalan | Become Food Smart | Tobacco Cessation |  
Physical Activity | Substance Abuse Awareness | Wellness | Fun Photos

## Activities

Fun Board Games | Obstacle Course | Lemon & Spoon Race |  
One-Minute Games | Plank Challenge | Qigong | Dance Fitness |  
Music & Movement | Arts & Craft | Mindfulness | Laughter Yoga |  
Breathing & Stretching | Storytelling | Raffle

## Enjoy Healthy Bites

Salads, fresh juices, whole grain sandwiches, guilt-free desserts, and more!

Scan QR code  
to register



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

Lifestyle Medicine Week 2023