



Weill Cornell Medicine-Qatar Institute for Population Health



Health and YOU Community Wellness Series

Why We Eat When We're Not Hungry: Emotional Eating and Its Impact on Health

Explore why we eat beyond hunger, the mental, emotional, and physical impacts of emotional eating, and practical strategies to reshape health through awareness and compassionate change.



Live Webinar
October 6, 2025
4:00 PM - 5:00 PM
(Qatar Time)

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



Speaker

Dr. Aalia Al-Barwani
Founder and CMO of Albidaya Wellness

Free Registration:

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

