



## Health and YOU Community Wellness Series

### Empowered by nutrition - small changes, lasting strength

This seminar will decode chronic disease in plain language, showing how everyday choices shape long-term health. It will spotlight the power of diet - the foods and habits that raise risks versus those that build resilience. The highlight? A lively discussion packed with practical nutrition tips to help you eat smarter starting today.



**Live Webinar**  
August 10, 2026  
4:00 - 5:00 PM  
Qatar



### Speaker

**Dr. Ravinder Mamtani**  
**MD, MSc, FACPM, FACOEM, FACLM**  
*Professor of Population Health Sciences*  
*Professor of Medicine (Center for Global Health)*  
*Vice Dean for Population Health and*  
*Lifestyle Medicine*  
*Weill Cornell Medicine-Qatar*

Ravinder Mamtani, MD is Professor of Population Health Sciences, Professor of Medicine (Center for Global Health) and Vice Dean for Population Health and Lifestyle Medicine at Weill Cornell Medicine-Qatar (WCM-Q). He is also Professor of Community and Family Medicine (adjunct) at New York Medical College, Valhalla, New York. Prior to joining WCM-Q, he was Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College, and a physician in occupational medicine and complementary medicine at Westchester Medical Center in Valhalla, New York. He has many years of clinical experience utilizing complementary and lifestyle medicine therapies to treat chronic diseases such as chronic pain, arthritis, mental health conditions, gastrointestinal problems, obesity, dyslipidemia and diabetes.

At WCM-Q, Dr. Mamtani provides leadership to the Institute for Population Health and oversees and all its education, research and community engagement programs and activities. He enjoys teaching and interacting with students, residents and health professionals. He has founded, developed, and participated in innumerable education and collaborative programs in healthcare, lifestyle medicine, public/population health and integrative health. A keen researcher, he has published in peer-reviewed journals and written a monthly column for a local newspaper in New York on contemporary health issues.

Dr. Mamtani serves or has served on many government, hospital and medical school committees in the US and Qatar. He is a member of the prestigious New York State Board for Professional Medical Conduct and Vice Chair of the Lifestyle Medicine Global Alliance. He is a diplomate of the American Board of Preventive Medicine in the specialties of Preventive Medicine, Public Health and Occupational Medicine. Additionally, he is US board certified in Integrative Medicine and Lifestyle Medicine.