

Kick-Off a Healthier Lifestyle

Activity	Start Time	End Time
Plank/Push-up Challenge (Men)	11:20 AM	11:40 AM
Plank/Push-up Challenge (Women)	11:20 AM	11:40 AM
Breathing & Stretching Session	11:40 AM	12:00 PM
Laughter Wellness Session	12:10 PM	12:30 PM
Lucky Dip Raffle Draw	12:30 PM	
Mindfulness Session	12:40 PM	1:00 PM
Dance Fitness Session	1:10 PM	1:30 PM
Movement and Breath Session	1:40 PM	2:00 PM
Plank/Push-up Challenge (Men)	2:30 PM	2:45 PM
Plank/Push-up Challenge (Women)	2:30 PM	2:45 PM
Lucky Dip Raffle Draw	2:45 PM	
Dance Fitness Session	3:00 PM	3:20 PM
Lucky Dip Raffle Draw	3:20 PM	
Mindful movement for sleep session	3:30 PM	3:50 PM
Storytelling (English)	3:40 PM	4:00 PM

Win gifts throughout the day!

Scan QR code
to register



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

Lifestyle Medicine Week 2025