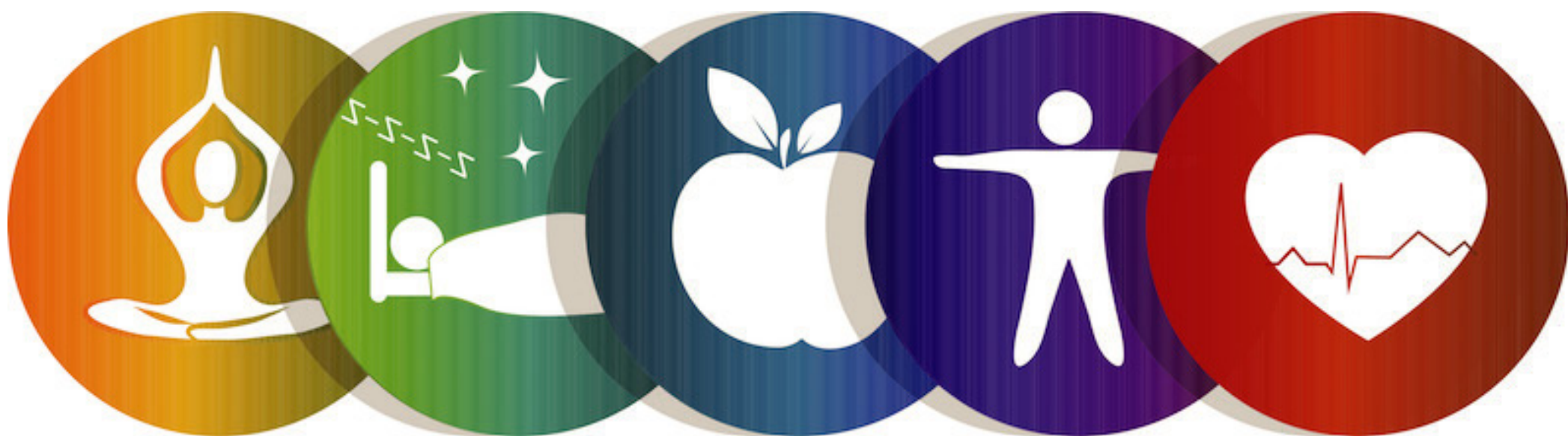




Weill Cornell Medicine-Qatar
Institute for Population Health

Kick-Off a Healthier Lifestyle



When: November 18, 2025 | **Time:** 11 am to 4:00 pm

Where: Weill Cornell Medicine-Qatar, Education City

Booths

Sahtak Awalan | Become Food Smart | Tobacco Cessation |
Physical Activity | Substance Abuse Awareness | Wellness | Photo Booth

Activities

Fun Board Games | Obstacle Course
One-Minute Games | Plank Challenge | Dance Fitness |
Music & Movement | Arts & Craft | Mindfulness | Laughter Wellness |
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 |    

Lifestyle Medicine Week 2025