



## Health and YOU

### Community Wellness Series

#### Fasting

Intermittent fasting is becoming an increasingly popular lifestyle intervention. This session will review the different forms of fasting, including Ramadan fasting, as well as the health benefits associated with fasting.

**April 18, 2022**  
**1:00PM – 1:45PM** (Qatar time)



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



### Speaker

**Dr. Tariq Chukir**

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Endocrinology Consultant, Qatar Metabolic Institute*

