Unveiling the Wonders of Precision Medicine

March 4, 2024
16:00 - 18:00
Msheireb Museums
Bin Jelmood House

Weighty Matters: Tackling Obesity and Diabetes Through Science

STARTERS

Metabolic Munchies
A mix of nutrient-packed snacks to kickstart your metabolism

MAIN

Obesity Opponent Entrees
Wholesome and satisfying meals crafted to support weight management.

Diabetes-defying Delicacies
Balanced and low-glycemic index dishes designed to manage blood sugar levels.

Protein Powerhouse Plates
Protein-packed dishes to help control hunger and promote muscle health

DESSERTS

Glucose Guardian Treats
Delicious desserts designed with low-sugar

Culinary Cure-all Confections
Satisfy your sweet tooth with treats that won't compromise your health goals

RSVP
Click Here
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Feel free to explore the symphony of flavors and nutritional benefits in each dish. Our menu is curated to not only tantalize your taste buds but also support your curiosity about the science behind tackling obesity and diabetes. Enjoy the journey to a healthier lifestyle through these delectable and scientifically inspired dishes.

Schedule:

16:00 Kick off the Science Café
16:05 Unveiling the Wonders of Precision Medicine
  Dr. Sahar Da’as
16:10 Msheireb Museums: Journey to the Heart of Life
  Mr. Abdulla Al Naama
  General Manager of Msheireb Museums
16:15 Sidra Medicine Precision Medicine Program
  Dr. Khalid Fakhro
  Chief Research Officer
16:20 Weighty Matters: Tackling Obesity and Diabetes Through Science
  Dr. Tariq Chukir
  Endocrinology Consultant at Qatar Metabolic Institute
16:35 Ms. Joelle Lahlouh
  Fitness Coach
16:45 Mr. Hassan Saiqal
  Healthy Kitchen
16:55 Personal Journey
17:00 Break
  Enjoy available food and drinks, live activity
17:30 Panel Discussion
  Open-ended discussion
  Q&A
17:45 Trivia Questions
  Ms. Tala Abuarja
17:55 Closing Remarks
  Dr. Sahar Da’as
  and Mr. Fahad Alturki