STARTERS

**Exploration Platter:** Captivating display of fresh fruits and vegetables, inviting you to explore the vibrant origins of life, served with a zesty dip to awaken your curiosity.

**Fertility Fiesta Snack Mix:** Festive mix of crunchy nuts, seeds, and dried fruits, celebrating pathways to conception, providing a flavorful introduction to fertility and pregnancy.

MAIN

**Fertility Fusion Stir-Fry:** Customize your stir-fry adventure with an array of proteins, vibrant vegetables, and tantalizing sauces, celebrating the journeys towards parenthood.

**Maternal Marvel Wraps:** Wholesome wraps filled with an assortment of nutrient-packed ingredients, honoring the strength and resilience of expectant mothers.

**Newborn Screening Sensation Bowl:** Nourishing bowl brimming with grains, fresh vegetables, and your choice of protein, adorned with colorful toppings.

DESSERTS

**Fantasy Fruit Tart:** Delightful tart filled with creamy custard and topped with an assortment of fresh fruits.

**Marvels of Life’s Beginnings:** Indulge in bite-sized cake pops, each adorned with a burst of color and flavor.

**Miraculous Nirvana Mousse:** Luxurious mousse cups topped with a sprinkle of edible glitter, embodying the joy and wonder of welcoming a newborn into the world.

Each dish on our menu is crafted with care and creativity, designed to spark conversation and curiosity, as we journey together through life’s beginnings.
Agenda

4:00 Science Café: Unveiling the Wonders of Precision Medicine

4:05 Welcome the audience

4:10 Topics:

• Insights into Pregnancy: Dr. Khawla Ismail

• Fertility: Dr Johnny Awad

• Omouma (Mother and Baby Cohort): Dr. Sohaila Al Khodor

• Newborn Screening: Dr. Ammira Akil

• Personal Journey: Ms. Reem Al Muftah

5:00 Panel Discussion and Q&A

5:15 Break
- Enjoy the booths
- Enjoy food and drinks
- Live activity
- Survey

5:35 Trivia Questions

5:45 Closing Remarks
STARTERS
Metabolic Munchies
A mix of nutrient-packed snacks to kickstart your metabolism

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

Obesity Opponent Entrees
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

جدول الأعمال
مقهى العلوم: الكشف عن عجائب الطب الدقيق
4:00
استقبال الحضور
4:05
طرح المواضيع
4:10
· أفكار حول الحمل:
  الدكتور خولة إسماعيل
  الخصوبة:
  الدكتور جوني عواد
  أمومة (مجموعة الأم والطفل):
  الدكتور سهيلة الخضر
  فحص حديثي الولادة:
  الدكتور أميرة عقيل
  التجربة الشخصية:
  السيدة ريم المفتاح

حلقة نقاشية - أسئلة وأجوبة
5:00
استراحة
5:15
- زيارته المعارضين
- الاستمتاع بالمأكولات والمشروبات
- نشاط حي ومباشر
- استطلاع للرأي

 أسئلة ومسابقة
5:35
الختام
5:45