

# WOMEN'S HEALTH AND WELLBEING CONFERENCE



#WHW2019

## AGENDA

<b>08:00 - 09:00</b>	<b>REGISTRATION &amp; NETWORKING</b>
09:00 - 09:10	<b>Welcome and Overview</b> DUBAI BUSINESS WOMEN COUNCIL
09:10 - 09:30	<b>Mindfulness &amp; Self-compassion</b> Embrace yourself and your imperfections Accept yourself, build inner strength and thrive BAHAR WILSON (Mindfulness UAE)
09:30 - 09:50	<b>Preventative Health &amp; Early Detection</b> DR. IMAN ABISOUROUR (Valiant Clinic)
<b>PANEL DISCUSSION 1</b> 09:50 - 10:30	<b>Hormones &amp; Reproductive Health: What You Should Know</b> Women's health & fertility: What You Should Know Female infertility & Hormones: What You Should Know <b>MODERATOR: MARIAM FARAG</b> <b>PANELISTS :</b> DR. ROSALIE SANT (Primavera Clinic) Sophie Smith (Nabta Health)
<b>10:30 - 11:00</b>	<b>BREAK</b>
11:00 - 11:15	<b>Yoga: Benefits Beyond the Mat</b> DELLA WARREN
11:15 - 11:40	<b>Parenting &amp; Social Media: Expert Tips and Insights</b> DR. ANDREA TOSATTO

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11:40-12:00	<b>Pre and Post-natal Depression: What You Need To Know</b> DR. MARIE THOMPSON (Vivamus Clinic)
<b>PANEL DISCUSSION 2</b> 12:00 - 12:40	<b>Understand Chronic Pain</b> Psychological science of chronic pain How Mindfulness can ease chronic pain <b>MODERATOR: NADINE HALABI</b> <b>PANELISTS :</b> DR. HARRY HORGAN (German Neuroscience Center) BAHAR WILSON (Mindfulness UAE)
12:40 -13:00	<b>Be Well, Work Well at PwC</b> SUNAINA KOHLI (PwC Middle East)
<b>13:00-14:00</b>	<b>LUNCH</b>
<b>SIMULTANEOUS ROUNDTABLE DISCUSSIONS</b> 14:00-14:45	<b>Roundtable 1: Breaking Unhealthy Eating Habits</b> BY PAMELA DURANT (Diapoint ME) <b>Roundtable 2: The Pursuit of Happiness: Why You Should Live in the Moment</b> BY BAHAR WILSON (Mindfulness UAE) <b>Roundtable 3: Healing with Homeopathy: Alternative Medicine Gaining Popularity</b> BY ANGELA MURLOWSKA  NOTE: Once registration and payment are confirmed, please select one of the above round table discussions by sending an email to <a href="mailto:events@dbwc.ae">events@dbwc.ae</a> mentioning your preferred choice.
<b>14:45-15:15</b>	<b>NETWORKING</b>