

AGENDA



منه البطونو للحفونو
From Bump to Child

TIME	SPEAKER	TOPIC
9:00 AM - 10:00 AM	—	Registration and Coffee Break
10:00 AM - 10:10 AM	Majd Al-Khatib	Welcome and Introduction
10:10 AM - 10:30 AM	Dr. Feras AlKaraki	Pregnancy and Childbirth: Facts and Myths
10:30 AM - 10:50 AM	Dr. Naheel Jallad	Your baby's first days, What to expect?
10:50 AM - 11:10 AM	Dr Rasha Odeh	Grow Baby Grow: The hormones behind your child's growth journey
11:10 AM - 11:30 AM	Dr. Aya Al-Jazy	My mother Never Told Me That!
11:30 AM - 11:50 AM	Farah Qudsi	Importance of Mindfulness & Breathing
11:50 AM - 12:10 PM	—	Coffee Break
12:10 PM - 12:30 PM	Dr. Freeda Tannous	The Secrets Behind The Perfect Body!
12:30 PM - 12:50 PM	Majd Al-Khatib	Are You Eating for Two? The Truth About Nutrition During Pregnancy
12:50 PM - 1:10 PM	Dr. Wasim Saleh	Back Pain & Pregnancy Tips For Stronger and Happier You!
1:10 PM - 1:30 PM	Sirsa Qoursha	The Importance of comfort and connection: How to co-regulate in the early years
1:30 PM - 1:50 PM	Wa'd Abu-Zurayk	Play Your Way to Emotional Balance
1:50 PM - 2:10 PM	Haya Sabouba	Mom Life Offline: What Social Media Doesn't Show
2:10 PM - 2:30 PM	Majd Al-Khatib	Exhibition
2:30 PM - 3:00 PM	—	Lunch

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