

MOTHER'S DAY MARKET

“WE CARE”

21-22 MARCH 2025

PHOENICIA HOTEL, BEIRUT

AWARENESS SESSIONS

FRIDAY MARCH 21

1:00 – 1:45	Preserving Life's Potential: What Moms Need to Know About Stem Cell Storage	Dr. Hanane Ziadeh	CRYOGENE
3:00 – 3:40	Mediterranean Magic: A Delicious Path to Health and Wellness	Dr. Suzan Haidar	LIU, Nutrition Department
3:40 – 4:15	Fueling Wellness: A Mom's Guide to Healthy Eating for the Whole Family	Eng. Roula Ghanem	NATURA SPOON
4:15 – 5:00	Hyperpigmentation: Causes and Management	Dr. Samar Khalil	DUCRAY
5:00 – 5:40	Shade and Glow: The Essentials of Self Make Up	Ms. Caroline Hanna	

SATURDAY MARCH 22

12:00 – 12:45	A Stroll Down Diabetes Lane	Dr. Rawan Saab	PHARMALINE
1:00 – 1:45	Growing Up healthy: Understanding Your Child's Growth and development	Dr. Linda Mahfouz	NOVO NORDISK
1:45 – 2:30	Obesity Prevention & Care: Guiding Moms for a Healthier Future	Dr. Nancy Nakhoul	NOVO NORDISK
3:00 – 3:40	How to prevent Nutritional Deficiencies in Children: Myths and facts about Toddler Nutrition	Dr. Bernard Gerbaka	BLEDINA 4
3:40 – 4:30	Radiant Skin: Essential Skincare Tips for Healthy & Glowing Skin	Dr. Zeina Nehme	AVENE
4:30 – 5:15	Pilates for the Busy Professional	Ms. Ghiwa Hariz	

