MOTHER'S DAY MARKET "WE CARE"

21-22 MARCH 2025 PHOENICIA HOTEL, BEIRUT

ENESS 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
	How to prevent Nutritional		





3:00 - 3:40

3:40 - 4:30

4:30 - 5:15









Deficiencies in Children: Myths

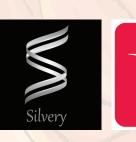
and facts about Toddler Nutrition

Radiant Skin: Essential Skincare

Tips for Healthy & Glowing Skin

Pilates for the Busy Professional











Dr. Bernard Gerbaka

Dr. Zeina Nehme

Ms. Ghiwa Hariz









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