

To our valuable speaker,

This message is a reminder that we are about two weeks away from the 2nd Nutrition & Life “Quality of Life at Different Life Stages” Conference, that will take place in Hyatt Regency Hall, Riyadh, on Feb 13-14 ,2024

We are excited to have you join us for this conference! In the meantime, we kindly ask you to send your biographies so that we can properly introduce you before your lectures.

If you have any questions, please feel free to contact us at any time.
Here's a quick overview of our agenda

Best Regards

Haneen Nabeel Molla
Director, Clinical Nutrition Department
King Khalid University Hospital
King Saud University Medical City
0505553793



Nutrition & Life

Quality of Life at Different Life Stages

Day 1, Tuesday 13 Feb 2024

Session 1: Infants & Pediatrics		
8:00-8:50	Registration	
8:50-9:10	Growth parameter	Dr. Wejdan Alabdulkarim
9:10-9:30	Well baby –important of vaccination	Dr. Kaothar Alhusaini
9:30-9:50	Nutrition in infants and toddlers	Dr. Dima Abousaleh
9:50-10:00	Discussion – Q&A	
10:00-10:30	Opening ceremony	
10:30-11:00	Coffee break	
Session 2: Adolescents Pediatrics		
11:00-11:20	Puberty and its normal variants in children	Dr. Abdulmajeed Alsubaihin
11:20-11:40	Psychology in adolescent	Dr. Mohammed Al-Jafar
11:40-12:00	Obesity stigma in adolescents: impact and consequences	Dr. Amal Kenanah
12:00-12:20	The important of physical activity	Dr. Abdullah Alghannam
12:20-12:30	Discussion – Q&A	
12:30-1:30	Prayer & Lunch	
Session 3: Related topics		
1:30-1:50	Multidisciplinary Model	Dr. Zobaida Alsum
1:50-2:10	Sugar and smoking (bad habit) affect QOL	Dr. Mohammed Khan
2:10-2:30	Different Diet Trend	Dr. Wafaa Ayesh
2:30-2:50	Eating Disorders :Significance and approach	Dr. Saud Alomar
2:50-3:10	Food Alternative	Dr. Amal Kenanah
3:10-3:30	Discussion – Q&A	
	End of Day 1	

Nutrition & Life

Quality of Life at Different Life Stages

Day 2, Wednesday 14 Feb 2024

Session 4: Adult		
8:30-8:50	Women's health	Dr. Lemmese Alwatban
8:50-9:10	Man's health	Dr. Loay Basudan
9:10-9:30	Physical activity Life style Nutrition	Dr. Nada Altheyab
9:30-9:50	The importance of sleep in metabolism, weight and diabetes	Dr. Salih Aleissi
9:50-10:10	Discussion – Q&A	
10:10-10:40	Coffee break	
Session 5: Geriatric 1		
10:40-11:00	Periodic screening in elderly	Dr.Raneem Milyani
11:00-11:20	Menopause health	Dr.Lateefe Aldakhyel
11:20-11:40	Nutrition in Geriatric	Dr. Alanoud Aladel
11:40-12:00	Mood swings	Dr. Mohammed Al-Jafar
12:00-12:20	Discussion – Q&A	
12:20-01:30	Prayer & Lunch	
Session 5: Geriatric 2		
1:30-1:50	The impact of oral rehabilitation on nutritional status and QOL	Dr. Abdullah Alsoghier
1:50-2:10	Home care	Dr.Walid Alkeridy
2:10-2:30	Physical Activity in Geriatric patients	Dr.Samirah Alqahtani
2:30-2:50	Quality of Life in Geriatric	Dr.Mohammd khusheim
2:50- 3:10	كبار السن وجودة الحياة "رؤية اجتماعية"	Dr. Ali ALSalem
3:10-3:30	Discussion – Q&A	
	Closing – End of Day 2	

Nutrition & Life

**Quality of Life at
Different Life-Stages**

**13th & 14th
February 2024**



**HYATT
REGENCY**



RIYADH OLAYA
LOULOU'A BALLROOM