



Forbes Middle East



AMERICAN  
HOSPITAL

# Medical Tourism And Wellness

— SUMMIT —

## • SUMMIT AGENDA •

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Jumeirah Beach Hotel, Dubai, U.A.E.

• November 23<sup>rd</sup> & 24<sup>th</sup>, 2024 •



# Medical Tourism And Wellness

— SUMMIT —

**DAY 1 - SATURDAY, NOVEMBER 23<sup>RD</sup>**

• HEALING & HARMONY STAGE •

**DAY 1 | Healing & Harmony Stage**

**Saturday, November 23<sup>rd</sup>**

**Agenda**

08:00 AM	<b>Registrations Open</b>
08:30 AM	<b>Dubai Fitness Challenge Activities - Yoga, Meditation, Stretching, Sports &amp; Aroma Therapy</b>
09:00 – 10:10 AM	<b>Power Breakfast &amp; Networking</b>
10:15 – 10:20 AM	<b>Opening Address</b> by Khuloud Al Omian, CEO & Editor-in-Chief, Forbes Middle East
10:25 – 10:30 AM	<b>Opening Keynote</b> by Dubai Health Authority
10:35 – 10:40 AM	<b>Welcome Keynote</b> by H.E. Khalfan Belhoul, CEO, Dubai Future Foundation
10:45 – 10:55 AM	<b>Special Address: Three Paths to Collective Well-Being: A Shared Journey</b> by H.E. Hessa Bint Essa Buhumaid, Director General of the Community Development Authority, Government of Dubai & Member, Executive Council of the Emirate of Dubai
11:00 – 11:15 AM	<b>Panel: Dubai's Healthcare Vision: A Premier Medical Tourism Destination</b> Discover how Dubai is transforming into a premier medical tourism destination through collaboration between the public and private sectors. This session highlights the city's healthcare advancements, patient-centric services, and strategies to attract international patients. <ul style="list-style-type: none"><li>• Dr Marwan Al Mulla, CEO - Health Regulation Sector, Dubai Health Authority</li><li>• Sherif Beshara, Group CEO, Mohamed &amp; Obaid Almulla Group and American Hospital Dubai</li><li>• Moderator: Khuloud Al Omian, CEO - Editor in Chief, Forbes Middle East</li></ul>
11:20 – 11:25 AM	<b>Wellness as an Enabler of a World Class Resident and Visitor Experience in Dubai</b> by Hoor Al Khaja, Senior Vice President - International Operations, Dubai Department of Economy and Tourism



# Medical Tourism And Wellness

## SUMMIT

### • HEALING & HARMONY STAGE •

**DAY 1 | Healing & Harmony Stage****Saturday, November 23<sup>rd</sup>****Agenda****11:30 – 11:45 AM****Panel: Advancing Local & Global Wellbeing Through Proactive Health Interventions**

Tune in to hear from experts on innovative strategies and best practices for promoting preventive healthcare and early intervention. They will also discuss the latest advancements in health technology, personalized medicine, and public health initiatives.

- H.E. Dr Farida Al Hosani, Chair of WHO PIP Advisory Group, and Adjunct Associate Professor, College of Medicine & Health Sciences, UAEU
- Boyd Chongphaisal, Vice President and General Manager Gulf, GlaxoSmithKline
- Moderator: Sally Mousa, Senior Presenter, Forbes Middle East

**11:50 – 12:10 PM****Panel: Building a Health Oasis: Dubai Redefining Medical Tourism Excellence**

Join us for an insightful fireside chat to explore how integrating world-class healthcare technologies with exceptional hospitality redefines the patient experience and drives the emirate's success in medical tourism.

- Dr Marwan Al Kaabi, CEO, Sheikh Shakhbout Medical City
- Christian Schuhmacher, Executive Chairman, Emirates Hospitals Group
- Dr Mohaymen Abdelghany, CEO, Fakieh University Hospital
- Hesham Abdalla, CEO, MPC Healthcare
- Moderator: Ahmed Faiyaz, Partner Healthcare & Lifesciences, PWC Middle East

**12:15 – 12:30 PM****Panel: The Winning Edge: Sports and Wellness, Drivers to Economic Growth**

Discover the potential of sports and wellness tourism to drive economic prosperity. Access strategic insights on fostering healthy communities and promoting sustainability by leveraging sports and holistic wellness to attract international tourism and investments.

- Mohamed Amer, CEO, El Gouna
- Faizal E Kottikollon, Founder Chairman, KEF Holdings & Founder Chairman, Tulah Clinical Wellness
- Moderator: Ramia Farrage, Senior Presenter and Producer, Forbes Middle East

**12:35 – 12:45 PM****Open Mic by Dima Kandalaft, Syrian Actress****01:00 – 02:00 PM****Networking & Lunch****02:05 – 02:15 PM****Special Entertainment: Dubai Drums****02:20 – 02:30 PM****Open Mic: Healing has an End Date by Shayoon Yasin, CEO & Founder, and Alexander Yasin, Co-Founder, The Light Force Center****02:35 – 02:45 PM****Open Mic: The Power of Purpose - A Personal Experience of the Journey Towards Miss Universe by Logina Salah, Miss Universe Egypt**



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### • HEALING & HARMONY STAGE •

DAY 1 | Healing & Harmony Stage

Saturday, November 23<sup>rd</sup>

Agenda

**02:50 – 03:05 PM** **Panel: State-of-the-art Infrastructure and Facilities Advancing Recovery and Rejuvenation**

Hear from wellness visionaries on the latest advancements in medical infrastructure and facilities that are revolutionizing the patient experience as they will discuss cutting-edge technologies, innovative design concepts, and best practices in creating healing environments.

- Fadi El Khatib, CEO & Founder, Champs Sports and Fitness Club
- Karl Dariane, Founder & CEO, FlexoFix
- Moderator: Sally Mousa, Senior Presenter, Forbes Middle East

**03:10 – 03:20 PM** **Open Mic: The First Video Authenticity** by Dr Khaled Ghattass, Scientist, Author, Speaker, and Thought leader

**03:25 – 03:40 PM** **Panel: The Future of AI in Medical Value Travel**

Get to know how AI is revolutionizing the medical tourism industry through enhancing patient experiences, improving diagnostic accuracy, optimizing treatment plans, and advancing telemedicine and predictive analytics.

- Lorena Puica, CEO & Founder, syd.life
- Rizwan Tufail, Group Chief Data Officer, PureHealth
- Mamoun Hmidan, Chief Business Officer, Wego
- Moderator: Nido Abdo, Business Growth Strategist

**03:45 – 04:00 PM** **Panel: Redefining Success: Mental Health and Modern Challenges**

Access insights on the importance of mental resilience and emotional intelligence in achieving personal and professional success, with experts discussing strategies for building mental toughness, managing stress, and cultivating a positive mindset in a fast-paced world.

- Miracle Nassif, Professional Athlete, and Women's Fitness Expert
- Saleh al Nawawy, Comedian and Content Creator
- Mera El Emyan, Marketing Manager, American Hospital Dubai

**04:15 – 06:00 PM** **Activities - Yoga, Meditation, Stretching, Sports & Aroma Therapy**



# Medical Tourism And Wellness

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## SUMMIT

### • THE SERENE PLATFORM •

**DAY 1 | The Serene Platform****Saturday, November 23<sup>rd</sup>****Agenda****11:00 – 11:10 AM****Open Mic - The Healing Power of Sound & Vibrations**

Vaishali explores the transformative effects of sound and vibrations on the human body and mind.

- Vaishali Thaker, Wellness Consultant & Sound Healing Expert

**11:15 – 11:25 AM****Open Mic - Transforming Health Screening and Personalized Wellness**

Access insights on innovative approaches in health screening, personalized care, and continuous wellness, highlighting real-time monitoring and sustainable health partnerships.

- Dr. Cherine Bazzane, Lead Medical Consultant, CosmeSurge

**11:30 – 11:45 AM****Panel - Personalized Wellness and Holistic Health Strategies**

This insightful panel brings together wellness experts who are revolutionizing health and nutrition through personalized and holistic approaches.

- Silvena Rowe, Biohacking Chef
- Razan Shwayhat, Clinical Dietitian, BETTER
- Daphne Lamberts, Founder & CEO, ALAM Health & Beauty
- Moderator: Samar Khouri, Reporter, Forbes Middle East

**11:50 – 12:00 PM****Open Mic - Health Entrepreneurship in the Middle East: Building a Healthier Future**

Listen in to better understand the journey of building businesses focused on improving health and well-being in the Middle East.

- Sarah Miller, Founder and CEO, MDBX Health

**12:05 – 12:15 PM****Open Mic - Prioritizing Employee Wellbeing for Success**

This address will highlight the workplace wellbeing crisis and how enhancing employee wellbeing drives organizational success.

- Gethin Nadin, Chief Innovation Officer, Benefex

**12:20 – 12:40 PM****Panel - Innovations and Personalized Wellness in Luxury Hospitality and Travel**

Access expert insights for an engaging panel that brings together experts in luxury hospitality, travel and design to explore the latest innovations and personalized approaches to wellness.

- Yana Ernafasov, Associate Director of Digital Transformation, Red Sea Global
- Heidi Grimwood, Vice President, AWPL
- Natthida Klangmontri, Spa Director, Banyan Tree
- Rengy John, Co-Ceo & Managing Partner, BLINK Design Group
- Moderator: Jamila Gandhi, Senior Editor, Forbes Middle East

# Medical Tourism And Wellness

## SUMMIT

### • THE SERENE PLATFORM •

**DAY 1 | The Serene Platform****Saturday, November 23<sup>rd</sup>****Agenda**

<b>12:40 – 12:50 PM</b>	<b>Open Mic - The Power of Discipline and Perseverance</b> Tune in to better understand the role of discipline, self-belief, and overcoming failure in achieving success. • Ahmed Ben Chaibah, Founder & CEO, AquaFun
<b>12:50 – 01:00 PM</b>	<b>Open Mic - Beyond Chronology: Reversing the Aging Process</b> Explore scientific advancements and skincare innovations that challenge traditional aging norms, focusing on holistic approaches for timeless beauty and a youthful glow. • Milla Kirk, CEO, MINE Skincare
<b>01:00 – 02:00 PM</b>	<b>Networking &amp; Lunch Break</b>
<b>01:30 – 02:00 PM</b>	<b>Special Entertainment: Dubai Drums</b>
<b>02:05 – 02:20 PM</b>	<b>Panel - Opportunities and Growth in Medical Tourism</b> Witness the experts explore the vast opportunities and growth potential in the medical tourism industry. • Dr. Emily Mogano, Chief of Staff and Head of Investments in Africa, Al Maktoum Investment Group • Dr. Mohammed Naji, Executive Director, Liberty Medical Group • Moderator: Jamila Gandhi, Senior Editor, Forbes Middle East
<b>02:25 – 02:35 PM</b>	<b>Open Mic - Transforming Wellness with AI, Wearables, and Telehealth</b> Understand how AI, wearables, and telehealth are revolutionizing healthcare, expanding access to wellness, personalizing care, and enhancing medical tourism through seamless remote support. • Viktorija Aksionova, CEO of MindTales
<b>02:40 – 02:55 PM</b>	<b>Panel - Mental Wellness through Routines and Mentorship</b> This panel will feature key strategies for mental wellness and resilience, offering practical approaches to strengthen mental health and personal development. • Rakan Khalifa, CEO, Gamechangers • Dr. Moustafa El-Nahas, Psychiatry Consultant and General Manager, Sabeel Addiction Center • Khawla Hammad, Founder & CEO, Takalam • Moderator: Claudine Coletti, Managing Editor, Forbes Middle East
<b>03:00 – 03:10 PM</b>	<b>Open Mic - Expanding the Frontiers of Regenerative Medicine</b> Explore the latest innovations in newborn stem cell storage and the future of regenerative medicine. • Alia Abdel-Razeq, COO, CellSave Arabia

# Medical Tourism And Wellness

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## SUMMIT

### • THE SERENE PLATFORM •

**DAY 1 | The Serene Platform**

**Saturday, November 23<sup>rd</sup>**

**Agenda**

**03:15 – 03:25 PM Open Mic - Building a Future-Ready Wellness Ecosystem**

Understand how to build a resilient wellness ecosystem in hospitality through innovation, collaboration, and adaptability.

• Christian Kiefer, CEO and Founder, Spa Wellness Project Management

**03:30 – 03:50 PM Hand Pan Interactive Entertainment Session by Dubai Hand Pan**



# Medical Tourism And Wellness

## SUMMIT

### • DOCTORS CORNER •

**DAY 1 | Doctors Corner****Saturday, November 23<sup>rd</sup>****Agenda****02:00 – 02:20 PM****Panel - The Gateway To Health & Wellness**

This insightful panel brings together experts in family medicine and endocrinology to explore the crucial role of preventive medicine and lifestyle choices in promoting long-term health.

- Dr. Zahraa El Wahed, Consultant Family Medicine, American Hospital Dubai
- Dr. Paul Aoun, Consultant Endocrinologist, American Hospital Dubai
- Dr. El Sherif Omar Shafie, Consultant Family Medicine, American Hospital Dubai
- Moderator: Dahlia Jabari, Group Marketing Director, American Hospital Dubai

**02:25 – 02:35 PM****Open Mic - Transforming Dental Care: Digital Innovation and Medical Tourism**

Understand how digital dentistry is transforming the dental field, enabling faster, more efficient treatments and improving access to world-class dental care for medical tourists.

- Dr. Firas Alnabulsi, Specialist Prosthodontist Cosmetic Dentist, American Hospital Dubai

**02:40 – 02:50 PM****Fireside Chat - The Impact of Breast Care Innovations on Medical Tourism**

Learn how advancements in breast diagnostic and treatment technologies are influencing the medical tourism sector, making world-class care more accessible globally.

- Dr. Wisam Ismail, Consultant Oncoplastic, Reconstructive Surgeon, American Hospital Dubai
- Moderator: Mohannad Al Hariri, Group Marketing Director, American Hospital Dubai

**02:55 – 03:05 PM****Open Mic - Advances in Robotic Surgery**

This session delves into the latest advancements in robotic surgery for lung cancer, highlighting innovations shaping the future of thoracic oncology and improving patient outcomes.

- Dr. Hussam Ismael, Consultant Surgical Thoracic Oncologist and General Surgeon, American Hospital Dubai

**03:20 – 03:30 PM****Open Mic - Mental Health as a Cornerstone of Wellbeing**

This address will highlight the importance of mental health as a fundamental component of overall well-being, questioning whether enough is being done to support mental well-being in our communities.

- Dr. Qutaiba Al Hillawi, Consultant Psychiatrist, Aviation Medical Specialist, American Hospital Dubai

# Medical Tourism And Wellness

## SUMMIT

### WORKSHOPS & ACTIVITIES

#### • REFRESH & RECHARGE ZONE •

DAY 1 | Refresh & Recharge Zone

Saturday, November 23<sup>rd</sup>

Agenda

**08:30 – 09:00 AM** **Slow Stretching by Studio Republik**

Slow stretching session by the beach

- Location: Refresh & Recharge
- Venue: Nuska Garden
- Duration: 30 mins

**11:00 – 11:45 AM** **Inner Child Healing by Holistified**

Join this transformative workshop on inner child healing through a somatic approach, focusing on reconnecting with inner parts and fostering self-compassion and embodied presence.

- Location: Refresh & Recharge
- Venue: Nuska Garden
- Duration: 45 mins

**04:30 – 05:10 PM** **Sound Immersion by Vaishali**

A sound Immersion session by the beach

- Location: Refresh & Recharge
- Venue: Nuska Garden
- Duration: 40 mins

**05:20 – 06:00 PM** **Sunset Hatha Yoga by Studio Republik**

A hatha yoga session by the beach at the sunset time

- Location: Refresh & Recharge
- Venue: Nuska Garden
- Duration: 40 mins



# Medical Tourism And Wellness

## — SUMMIT —

### WORKSHOPS & ACTIVITIES

#### • THE HEALING HUB ZONE •

DAY 1 | The Healing Hub Zone

Saturday, November 23<sup>rd</sup>

Agenda

10:15 – 11:00 AM	<b>Tea Meditation and Talk “The Mind-Body-Soul harmony, The Intersection of Physical and Emotional Wellness” by Solaris</b> A fusion of Asian Tea Ceremony elements with Western-style sensory experiences. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
11:00 – 03:00 PM	<b>Cycling &amp; Boxing by Champs Sports Club</b> Experience your way to fitness and join us for an extraordinary experience of spinning and boxing that will keep you moving and motivated. Secure your spot on a first-come, first-served basis. <ul style="list-style-type: none"><li>• Venue: Janat Al Bahar</li><li>• Duration: 4 hours</li></ul>
11:15 – 12:00 PM	<b>Aromatherapy by Holistified</b> Join us for a workshop on the benefits of essential oils, covering their effects on emotions, practical applications, and holistic wellness techniques. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
12:15 – 01:00 PM	<b>Pot Painting by Nada Sketches</b> Painting is one of the best ways to relieve stress and feel good. Participants will get to experiment this during their participation. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
02:00 – 02:45 PM	<b>Bio-Resonance: Measure, Align, Transform by S Pujah Life Balance Studio</b> Discover holistic wellness through bio-resonance, energy mapping, and Ayurvedic practices. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 30 mins</li></ul>
03:00 – 03:45 PM	<b>Women Empowerment by Aurora 50</b> The power of a female community in empowering women. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>

**END OF DAY 1**

# Medical Tourism And Wellness

— SUMMIT —

## DAY 2 - SUNDAY, NOVEMBER 24<sup>TH</sup>

### • HEALING & HARMONY STAGE •

DAY 2 | Healing & Harmony Stage

Sunday, November 24<sup>th</sup>

Agenda

02:00 – 03:00 PM	<b>Networking &amp; Lunch</b>
02:55 – 03:05 PM	<b>Opening Performance</b>
03:10 – 03:15 PM	<b>Opening Keynote</b> by Lt. Col. Dr. Essa Almutawa, Chief AI Officer and Director of Monitoring and Inspection Department, Dubai Civil Defense
03:20 – 03:35 PM	<b>Panel: Intelligent Technologies and Robotics Enhancing Patientcare</b> Industry leaders will discuss the latest advancements in AI, big data, machine learning, and robotic surgery, highlighting their potential to improve patient outcomes, enhance surgical precision, and streamline healthcare processes. <ul style="list-style-type: none"><li>• Lt. Col. Dr. Essa Almutawa, Chief AI Officer and Director of Monitoring and Inspection Department, Dubai Civil Defense</li><li>• Dr Hatem Moussa, Chief of Surgery &amp; Director of Robotic Surgery Center of Excellence, American Hospital Dubai</li><li>• Moderator: Sally Mousa, Senior Presenter, Forbes Middle East</li></ul>
03:40 – 03:55 PM	<b>Open Mic: The Seven Secrets of Successful People</b> by Marisa Peer, World Renowned Therapist, Best Selling Author, and Creator of Rapid Transformational Therapy
04:00 – 04:20 PM	<b>Panel: Amplifying Collaborations and Global Investments for Health and Wellness Innovations</b> This insightful panel will explore strategic partnerships and global investments that are driving innovation in the health and wellness sector, focusing on opportunities for collaboration and fostering a supportive ecosystem. <ul style="list-style-type: none"><li>• Nasser Massoud, Founder &amp; Managing Director, Concept Realisation Management Consultancy</li><li>• Dr. Ghida Harfouche, Partner, TVM Capital Healthcare</li><li>• Shirin Bamboat, Head HR-Strategic Projects, VFS GLOBAL</li><li>• Dr Chichi Menakaya, CEO, Annomo Health</li><li>• Moderator: Jayda Shoukry, Content Producer, Forbes Middle East</li></ul>

# Medical Tourism And Wellness

## SUMMIT

### • HEALING & HARMONY STAGE •

DAY 2 | Healing & Harmony Stage

Sunday, November 24<sup>th</sup>

Agenda

**04:25 – 04:40 PM** **Panel: Elevating Confidence and Trust Through a Seamless, Safe and Satisfying Medical Experience**

Explore how cutting-edge advancements in patient care, genetics, and law are pivotal in building trust and confidence through seamless and safe medical tourism experiences that redefine care.

- Dr. Mourad Ghrairi, Chief Medical Officer, HMS FIFA Medical Centre of Excellence Dubai
- Dr. Ibrahim Al Mashreky, Specialist in Human Tissue Development and Genetic Engineering
- Chrissie Wolfe, Founder, LAB Consultancy Law firm
- Moderator: Miracle Nassif, Professional Athlete and Women's Fitness Expert

**04:45 – 04:55 PM** **Open Mic** by Dr. Kareem Ali, CEO & Founder, Fekr Tany

**05:00 – 05:15 PM** **Panel: Balancing Work, Home, and Health for Maintaining Harmony**

Learn about strategies for achieving work-life balance and maintaining overall well-being by discussing the importance of setting boundaries, prioritizing tasks, practicing mindfulness, and minimizing the impact of technology on work-life balance.

- Maha Zaatari, Workplace Culture Consultant, Employee Engagement and Wellbeing
- Amanda Gravitis, CEO, Smart Salem
- Gethin Nadin, Chief Innovation Officer, Benefex
- Moderator: Erika De Pellegrin, Host & Founder, The Balance Theory

**05:20 – 05:35 PM** **Open Mic: The Real Source of Well-Being** by Dr Ehab Hamarneh, Transformational Coach and Change Leader

**05:40 – 05:50 PM** **Fireside Chat: Time – The Key to Happiness and Success**

Discover the transformative power of time in shaping personal and professional success. Gain insights into the new-age philosophy of 'time can cure' to elevate your life and achieve holistic harmony.

- Jihad Bakkoura, Head, Bakkoura Time Research Center
- Moderator: Budour Mousa, Journalist and Producer, Forbes Middle East

# Medical Tourism And Wellness

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— SUMMIT —

## • HEALING & HARMONY STAGE •

DAY 2 | Healing & Harmony Stage

Sunday, November 24<sup>th</sup>

Agenda

05:55 – 06:10 PM

**Panel: The Journey to Wellness to Achieving Physical, Mental, and Emotional Wellbeing**

Join us for a thought-provoking discussion on the holistic approach to wellness, discussing the interconnectedness of physical, mental, and emotional health, and sharing insights on mindfulness practices, nutrition, exercise, and stress management techniques.

- Dina El Mofty, Founder, INJAZ
- Tina Chagoury, Licensed Clinical Dietitian, Founder, Savoir Anti-inflammatory Meal Plan
- Anna Pereira, CEO, The Wellness Universe
- Moderator: Ally Salama, Founder & CEO, EMPWR

06:15 PM Onwards

**Musical Performance & Closing Ceremony**

# Medical Tourism And Wellness

## SUMMIT

### • THE SERENE PLATFORM •

DAY 2 | The Serene Platform

Sunday, November 24<sup>th</sup>

Agenda

03:20 – 03:30 PM	<b>Panel - Challenges and Opportunities in Medical Value Travel</b> Access real time insights into the current market size, key patient trends, and the future outlook of medical value travel. • George Davis, Director of Business Development, Mubadala Health M42
03:35 – 03:45 PM	<b>Open Mic - Breaking Barriers in Medical Tourism</b> Through this address, understand the key challenges facing health providers and the rapid growth of the medical tourism industry, highlighting emerging opportunities. • Sean Conaty, Co-founder & CEO, HealthStay.io
03:50 – 04:00 PM	<b>Open Mic - Unlocking Potential Through Hypnotherapy and NLP</b> Understand how hypnotherapy, life coaching, and Neuro-Linguistic Programming (NLP) inspire personal growth and transformation. • Eliza Damian, Founder, Go Total Wellness
04:20 – 04:35 PM	<b>Open Mic - The Power of Sound in Medical Tourism and Wellness</b> Explore the impact of sound on enhancing experiences, from branding and marketing to creating customized soundscapes that resonate emotionally. • Ahmed Haffar, Managing Director, Mindloop Studios
04:20 – 04:35 PM	<b>Fireside Chat - Becoming the CEO of Your Health</b> Witness the experts share how simple biohacking and gut health strategies can boost wellness and longevity. • Furqan Athar, Founder & CEO, ZOI-ME • Moderator: Jamila Gandhi, Senior Editor, Forbes Middle East
04:40 – 04:50 PM	<b>Open Mic - Neuroscience for Wellness</b> UDelve into the intersection of neuroscience and wellness, focusing on Brain-Computer Interface (BCI) technology, women's brain health, and the science of resilience. • Dr. Arshi Ayub Mohamed, CEO, Trust With Trade Group
04:55 – 05:05 PM	<b>Open Mic - Navigating Wellness: Cultivating Clarity and Embracing Rest in a High-Stress World</b> Explore the role of mental health and meditation in clearing the mind and fostering well-being. • Anmol Ramchandani, Founder & CEO, Hzmer Jewellery

# Medical Tourism And Wellness

— SUMMIT —

## • THE SERENE PLATFORM •

DAY 2 | The Serene Platform

Sunday, November 24<sup>th</sup>

Agenda

05:10 – 05:25 PM	<b>Panel - The Future of Wellness: AI, Immersive Tech, and Gen Z</b> Explore the impact of AI, immersive technologies, and Gen Z on the future of wellness. • Dennis Yudchitz, CEO & Co-Founder of Lifemost • Bilal Awan, CEO, PsycReality • Luma Makari, Co-founder & CEO, Elggo • Moderator: Laila Ezzat, Creative Producer, Forbes Middle East
05:30 – 05:40 PM	<b>Open Mic - Thriving Minds &amp; Thriving Futures: Unlocking Success Through Mental Wellness</b> Listen in on expert insights that will reveal the link between mental wellness and personal and professional success. • Daniel Lewis, International Speaker and Author
05:45 – 06:00 PM	<b>Panel - Mind-Body Wellness: Unlocking Emotional and Mental Harmony</b> Unlock strategies for improving mental wellness through millionaire routines, executive well-being tips, and the power of mentorship to foster growth and resilience. • Mira Abou Jaoudé, Wellness and Personal Growth Advocate • Farah Aridi, Founder, Positivity With Joy • Moderator: Claudine Coletti, Managing Editor, Forbes Middle East



# Medical Tourism And Wellness

## SUMMIT

### • DOCTORS CORNER •

**DAY 2 | Doctors Corner****Sunday, November 24<sup>th</sup>****Agenda****03:00 – 03:10 PM****Fireside Chat - Elevating the Medical Tourism Experience**

This session explores the importance of high-quality care in attracting international patients, using the example of a patient from Africa.

- Dr. Mazen Zouwayhed, Consultant Pulmonologist / Sleep Medicine / Critical Care Diseases, American Hospital Dubai
- Moderator: Mohannad Al Hariri, Group Marketing Director, American Hospital Dubai

**03:15 – 03:25 PM****Open Mic - Beauty and Wellness Beyond the Mirror**

Gain insights into the evolving standards of beauty and the intersection of wellness and aesthetics, addressing common myths and truths in aesthetic and plastic surgery and the hidden realities behind beauty trends.

- Dr. Zeina Knio, Specialist Dermatologist, American Hospital Dubai

**03:30 – 03:50 PM****Panel - Innovations in Cancer Treatment and Personalized Medicine**

This panel brings together leading experts to discuss the latest advancements in cancer treatment and the impact of personalized medicine, exploring how these innovations are revolutionizing cancer care and improving patient outcomes globally.

- Dr. Emmanouil Nikolousis, Consultant Hematologist & Bone Marrow Transplant, American Hospital Dubai
- Dr. Maroun El Khoury, Chief of Cancer Center, Chief Quality Officer, and Oncologist / Hematologist, American Hospital Dubai
- Dr. Tarek Dufan, Consultant Radiation Oncologist - Chief Medical Officer, American Hospital Dubai
- Moderator: Jamila Gandhi, Senior Editor, Forbes Middle East

**03:55 – 04:05 PM****Fireside Chat - AI in Dermatology and Aesthetics**

Understand the transformative impact of artificial intelligence in dermatology and aesthetics, showcasing its potential to enhance diagnostic accuracy and improve patient outcomes.

- Dr. Diane Maalouf, Consultant Dermatologist, American Hospital Dubai
- Moderator: Dahlia Jabari, Group Marketing Director, American Hospital Dubai

**04:10 – 04:20 PM****Open Mic - The Role of Advanced Laboratory Testing in Personalized Medicine**

This address will explore how advanced laboratory testing is revolutionizing personalized medicine, particularly for cancer patients.

- Dr. Kadria Sayed, Chief of Pathology and Laboratory Medicine, American Hospital Dubai

# Medical Tourism And Wellness

— SUMMIT —

## • DOCTORS CORNER •

DAY 2 | Doctors Corner

Sunday, November 24<sup>th</sup>

Agenda

04:25 – 04:35 PM

### Fireside Chat - The Future of Pediatric Care: Challenges and Opportunities

A discussion on key priorities in pediatric health, focusing on adolescent healthcare, advancements in pediatric care, and pressing health challenges in the Middle East.

- Dr. Wafaa Faysal, Consultant Pediatrician, HOD, Emirates Hospitals Group
- Moderator: Dahlia Jabari, Group Marketing Director, American Hospital Dubai

# Medical Tourism And Wellness

## SUMMIT

### WORKSHOPS & ACTIVITIES

#### • REFRESH & RECHARGE ZONE •

DAY 2 | Refresh & Recharge Zone

Sunday, November 24<sup>th</sup>

Agenda

03:00 – 3:45 PM	<b>Kinesitherapy Master Class by Healthy Movement</b> Experience soothing relief and rejuvenation in a physical therapy session, designed to relax and restore your spine and back through gentle stretches and techniques. • Location: Refresh & Recharge • Venue: Janat Al Bahar • Duration: 45 mins
03:45 – 04:25 PM	<b>Hatha Yoga by Studio Republik</b> A hatha yoga session by the beach • Location: Refresh & Recharge • Venue: Janat Al Bahar • Duration: 40 mins
04:30 – 05:15 PM	<b>Mandscape: The Art of Self-Hypnosis Workshop by Go Total Wellness</b> Step into a space where you can reprogram your mind, release what's holding you back, and take control of your inner narrative. • Location: Refresh & Recharge • Venue: Janat Al Bahar • Duration: 45 mins
05:00 – 05:30 PM	<b>Sound Meditation by Vaishali</b> A sound meditation session by the beach • Location: Refresh & Recharge • Venue: Janat Al Bahar • Duration: 30 mins
05:30 – 06:00 PM	<b>Mat Pilates by Studio Republik</b> Experience the rejuvenating blend of mat Pilates and morning breezes as you strengthen your body and calm your mind. Location: Refresh & Recharge • Venue: Janat Al Bahar • Duration: 30 mins



# Medical Tourism And Wellness

## SUMMIT

### WORKSHOPS & ACTIVITIES

#### • THE HEALING HUB ZONE •

DAY 2 | The Healing Hub Zone

Sunday, November 24<sup>th</sup>

Agenda

03:00 – 3:45 PM	<b>Slow Brewing Coffee by Stree F&amp;B</b> This session will explore savoring different methods for coffee extraction <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
03:30 – 6:00 PM	<b>Cycling &amp; Boxing by Champs Sports Club</b> Experience your way to fitness and join us for an extraordinary experience of spinning and boxing that will keep you moving and motivated. Secure your spot on a first-come, first-served basis. <ul style="list-style-type: none"><li>• Venue: Janat Al Bahar</li><li>• Duration: 4 hours</li></ul>
03:50 – 04:35 PM	<b>Savory success: Boost your mind and body with Food or Energize &amp; Thrive: The Joy of Healthy Eating by Lubna Al-Jawahergi</b> Nourish and flourish to discover the joy of mindful eating enhancing your healthy, energy and overall wellbeing <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
04:45 – 05:30 PM	<b>Multimedia Art Workshop by Holistified</b> Join the Multi-Media Art Manifestation Workshop to unleash your creativity and craft a unique artwork that embodies your manifestation desires using various materials and techniques <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>
05:30 – 06:15 PM	<b>Tea Meditation and Talk “The pursuit of holistic Health &amp; Work-Life-Balance” by Solaris</b> The workshop blends Asian Tea Ceremony with Western sensory experiences to enhance relaxation, stress relief, and sleep through herbs and meditation techniques. <ul style="list-style-type: none"><li>• Location: Healing Hub</li><li>• Venue: Janat Al Bahar</li><li>• Duration: 45 mins</li></ul>

**END OF DAY 2**




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